

OTTAWA  
metro®



A word cloud where the word "TALK" is repeated many times in different sizes, weights, and orientations. Some instances of "TALK" are accompanied by the text "txt". The words are scattered across the upper and middle portions of the image. At the bottom, there are partial views of three people: a person on the left, a person in the center, and a person on the right who is holding a mobile phone to their ear.



# INTRODUCING TRULY UNLIMITED TALK





#### BELLEVILLE

324 North Front St.

(613) 969-0120

#### BROCKVILLE

2399 Parkdale Ave.

(613) 345-3161

#### CORNWALL

Cornwall Square

(613) 936-2083

#### GLOUCESTER

Gloucester City Centre

1980 Ogilvie Rd., Unit 136

(613) 842-7285

#### KANATA

Hazeldean Mall

(613) 271-1153

Kanata Centrum Shopping Centre

(613) 599-9690

#### KINGSTON

Cataragui Town Centre

(613) 634-9897

Kingston Centre

(613) 546-6043

122 Princess St.

(613) 549-0315

#### NEPEAN

130 Riocan Ave.

(613) 823-9240

#### ORLEANS

2020 Lanthier Dr., Unit E2

(613) 590-0289

#### OTTAWA

901 Carling Ave.

(613) 238-7533

695 Somerset St. W

(613) 820-7782

104 Bank St.

(613) 230-0202

1465 Merivale Rd.

(613) 224-9222

205 Richmond Rd.

(613) 724-2674

#### PEMBROKE

670 Pembroke St. W

(613) 732-1602

1100 Pembroke St. E, Unit 210

(613) 732-1602

3435A Petawawa Blvd.

(613) 732-1492



#### NEPEAN

Bayshore Shopping Centre

(613) 726-7665

#### OTTAWA

2121 Carling Ave., Unit 87

(613) 798-1946

1200 St. Laurent Blvd., Unit 248

(613) 746-8546

50 Rideau St., Unit 327C

(613) 232-4800

110 Place D'Orleans Blvd., Unit 290

(613) 590-2237

2269 Riverside Dr., Unit 44

(613) 737-2071

690 Bank St.

(613) 668-5499

#### BELLEVILLE

Quinte Mall

(613) 969-2130

# GET THE FAMILY TRULY unlimited talk & text

## AND SAY GOODBYE TO THOSE OTHER CELL PHONE COMPANIES



Add an additional voice and  
messaging line to your family plan for

# \$27<sup>97</sup>/mo/line

Includes all  
monthly fees<sup>±</sup>

- UNLIMITED** Talk<sup>2</sup>
- UNLIMITED** Extreme Text Messaging<sup>3</sup>
- UNLIMITED** Picture & Video Messaging<sup>3</sup>
- UNLIMITED** Canada-Wide Family Plan Member Calling<sup>4</sup>
- UNLIMITED** Canada-Wide Calling from your Computer<sup>5</sup>

**CALL** 1 877 308-4776  
**CLICK** [rogers.com/FamilyPlan](http://rogers.com/FamilyPlan)  
**VISIT** Your local Rogers retail store

There's never been a better time to switch



Offers available for a limited time only and subject to change without notice. <sup>±</sup>Includes the Government Regulatory Recovery Fee which varies by province and ranges from \$2.35-\$2.97/line/month (\$2.35 AB/BC/MB/ON, \$2.75 QC, \$2.88 NB, \$2.97 NL, \$2.78 NS, \$2.85 PEI, \$2.97 SK). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. It is not a tax or charge the government requires Rogers to collect and is subject to change. See [rogers.com/regulatoryfee](http://rogers.com/regulatoryfee) for details. A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. 1 Minimum of 2 lines required (\$95.94/mo for first two Ultimate Unlimited Voice & Messaging Family Plan lines). Each additional Ultimate Unlimited Voice & Messaging Family Plan line \$27.97/mo (up to a maximum of 5 lines total). All members on the same account must activate on the same Couples & Family plan. Lines may be added at any time. New lines added require the primary line be renewed for the same period. 2 Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. 3 Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme text, go to [rogers.com/extremetext](http://rogers.com/extremetext). 4 Unlimited Canada-wide calling between same plan members only. 5 Feature available in Manitoba (Feb. 12, 2012). Available with use of the Rogers One Number devices (IP phone or telephone adapter) or web phone only. Compatible computer with internet access required. Not applicable to wireless device usage. Regular local and long distance charges under your Rogers wireless plan apply when using the Rogers One Number service with your wireless device. Includes text/picture/video messages sent from Rogers One Number devices or web phone (as available) to Canadian wireless numbers; incoming messages will be charged as per your wireless plan and current pay-per-use rates (as applicable). Use of the Rogers One Number service may cause you to use additional internet data depending on your internet data usage allowance; internet service charges and overage rates (if applicable) apply in accordance with your Rogers or third-party internet service package. The Rogers One Number service is intended for personal use only, based on a total of 44,640 minutes available in a 31-day month. Subject to the Rogers Terms of Service and Acceptable Use Policy available at [rogers.com/terms](http://rogers.com/terms). See [rogersonenumber.ca](http://rogersonenumber.ca) for details. ©2012



WWW.VALECRAFT.COM



**NO REASON TO PANIC**  
SENATORS BELIEVE  
THEY CAN WORK  
PAST SLUMP {page 22}



**HITTING THE MARK**  
HOW ROONEY MARA,  
OTHERS MORPHED  
INTO CHARACTERS {page 13}



OTTAWA

**metro**®

Tuesday, February 7, 2012  
www.metronews.ca



News worth sharing.

# Boy collapses, dies during hockey game

► Foul play not suspected, teen wasn't injured during game: Police

A 15-year-old boy has died in hospital after collapsing during a hockey game in Carp.

Ottawa police say the boy collapsed Sunday evening during a game at the Erskine Johnson Arena.

"He had been playing hockey,

he had returned to the bench after his shift, and it was noticed that he had collapsed," said Staff Sgt. Pat McCaffery.

"The trainer and others started to provide CPR and other treatment, including using a portable defibrillator."

The teenager was rushed to the Children's Hospital of Eastern Ontario and was pronounced dead early Monday.

McCaffery says the boy's family was with him in the hospital and could not say if the young player had regained consciousness.

Police earlier said no foul play was suspected and the teenager did not suffer an injury during the game.

McCaffery says the boy's name is not being released at the request of the family.

THE CANADIAN PRESS

**Residents. Safe**



► A firefighter climbs a ladder to remove a roof ventilator at 1547 Champneuf Dr. in Orleans Monday after a fire gutted the home.

JOE LOFARO/METRO

## Blaze destroys Orleans home

A two-alarm fire completely destroyed a single-family home in Orleans Monday morning, but the two residents escaped safely with their two dogs. Ottawa Fire Services spokesperson Marc Messier said the call to the home came in at 7:28 a.m., after the couple was woken by a smoke detector. The fire is believed to have started in the basement and spread throughout the home.

Ontario

## 11 killed in horrific crash

► Flatbed truck collides with large passenger van outside Stratford ► Van was carrying migrant workers: Police {page 4}

## Match made in heaven?

Newly single Katy Perry dedicates song to Tim Tebow {page 10}



## Warning for diet pop drinkers

Study shows diet drinks increases risk of heart attack, stroke {page 12}

## 60 years of the Queen's reign

Tributes pour in to Queen Elizabeth II to mark anniversary of becoming queen {page 4}

# PERSONAL SUPPORT WORKER

## CLASSES STARTING IN FEBRUARY

### Program Objective

This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

### Career Opportunities

Graduates can find employment within:

- Long-Term Care Facilities
- Retirement Homes/Residences
- Group Homes
- Hospitals
- Agencies providing Homecare Service

### Other Diploma Programs Include:

Accounting and Payroll Administrator

Fitness and Health Promotion

Medical Office Assistant

Paralegal

Pharmacy Technician

Travel Counsellor



**ASK ABOUT OUR  
FULL-TIME  
DAY  
PROGRAM**

**STARTING FEB 13, 2012**

## CALL TODAY!

 **ALGONQUIN CAREERS ACADEMY**

**CANADIAN OWNED AND OPERATED SINCE 1981**

**1830 Bank Street 613-722-7811 [www.algonquinacademy.com](http://www.algonquinacademy.com)**



# We'll only pay for what works: Health minister

With a provincial deficit of \$16 billion, an aging population and a health-care system that already consumes 42 per cent of the budget, Ontario has to cut spending that doesn't improve patient outcomes, Ontario Health Minister Deb Matthews said on Monday.

Matthews spoke in Ottawa to the Economic Club of Canada about her gov-

ernment's Action Plan for Health Care, which will focus on preventing illness, increasing access to family doctors and supporting Ontario's growing population of seniors, but also on making sure taxpayers get the best value for their money.

"Value means getting the highest quality at the lowest possible cost," she said. "It also means not

spending on things that don't improve patient outcomes so we can spend more money on things that do improve outcomes."

Last year's decision to stop funding population-wide vitamin D testing, she said, saved \$70 million.

"We've got better ways to spend that money."

● STEVE COLLINS



► Ontario Health Minister Deb Matthews

STEVE COLLINS/FOR METRO

## Death of beavers accidental, says Parks Canada

► Rising water levels forced animals into live traps, agency contends



JOE LOFARO  
@METRONEWS.CA

A Parks Canada official says two beavers that built a lodge near a wharf at the Hogs Back locks were accidentally killed when rising water levels drowned them inside a live trap.

Irv Mazurkiewicz, director of canal operations for the Rideau Canal, said Parks Canada and the National Capital Commission received complaints over the past month from homeowners about beavers felling trees near their property.

He said Parks Canada hired a licensed trapper with the Ministry of Natural Resources who is experienced with trapping beavers in urban areas.

Area resident Jenni Meldrum claimed she saw kill-traps at the site when she walked her dog on Tuesday, but Mazurkiewicz said that is not true.

"It was not a snare trap," said Mazurkiewicz. "Because of the warm weather and the way the beavers had put the branches and so on around their beaver lodge, water built up and they were drowned."

He added Parks Canada, which owns the property, had to remove the beavers because they were weakening the back of the timber wharf.

"We try to be as humane as possible with the trapping, and it's unfortunate that the beavers died," said Mazurkiewicz.



JENNI MELDRUM/FOR METRO



► This beaver was seen near the Hogs Back locks in December. Inset: Jenni Meldrum photographed these traps on Tuesday. She believes they're the same traps that killed two beavers at the locks.

# 1

  
news


A new batch of smartphone apps caters to the freshly single who may not be happy about their new status. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at  
metronews.ca

**Montreal Canadiens fans pay musical tribute to Scott Gomez's yearlong goal drought. Watch at metronews.ca/video**

Follow us on  
Twitter  
@metroottawa

## Soho Valentine's Day Month Long Event

A weekend at SoHo Met Hotel when you buy a SoHo Condo between now & Feb. 29, 2012

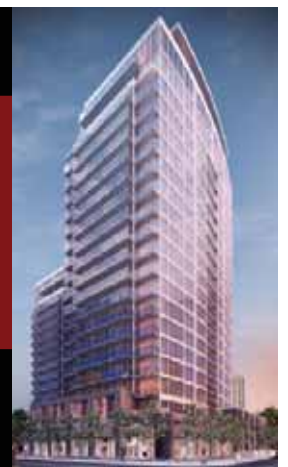
Plus a \$5,000 bonus to spend on Gluckstein Home furnishings for your new condo\*



GLUCKSTEINHOME Available at the **soho** ay

MASTERCRAFT STARWOOD | **sohochampagne.com**  
Investment Builders Since 1951

\*Only applicable for new sales that are signed before Feb. 29, 2012, and applies to new condo purchasers at SoHo Champagne and/or SoHo Leger. The weekend stay at the SoHo Metropolitan Hotel includes two nights, Friday and Saturday, in a SoHo Met Luxury room subject to availability. Incidental charges such as parking, room service, telephone or other hotel services are not included. Blackout dates apply. A gift certificate for the free weekend will be provided 30 days after the deal is firm and the first deposit cheque has been received. The gift certificate can be valid for 30 days. As it is a complimentary incentive and not a product, the developer or its Marketing Team reserves the right to make changes to promotions and pricing in its sole and arbitrary discretion at anytime without notice. Gluckstein Furniture Gift Certificate will be a gift card for \$5,000 from The Bay and delivered within 30 days of closing. Offer Expires Feb. 23 2012. E. & O. B.





# Queen marks 60 years on throne



▶ Gov.-Gen. David Johnston presents the Diamond Jubilee Medal to Canadian Olympic gold medalist Alexandre Bilodeau, as Prime Minister Stephen Harper looks on during the inaugural presentation ceremony.

## SERVICE 'SO EXEMPLIFIED BY HER MAJESTY'

Canada kicked off celebrations with the presentation of 60 Diamond Jubilee medals.

- ▶ Gov. Gen. David Johnston and Prime Minister Stephen Harper presented the medals at a ceremony at Rideau Hall.
- ▶ About 60,000 Canadians are to receive the medal

this year, in recognition of their work in their communities.

- ▶ Recipients come from all walks of life.
- ▶ But one province was overlooked at the ceremony: Newfoundland and Labrador. There were recipients from every other province and territory.

## ▶ Monarch praised for quiet sense of duty ▶ Global accolades pouring in

Tributes poured in to Queen Elizabeth II on Monday as she marked her Diamond Jubilee with a message vowing to continue serving the British people.

Dressed in a Tiffany-blue hat and colourful overcoat against the winter cold, she was greeted by well-wishers in the snow-covered town of King's Lynn at an event planned to mark Accession Day, the anniversary of the day she became queen in 1952.

"I love that the monarchy is above politics and feel that the queen represents that best of all," said Laura Skrzynski, a long-time admirer of Elizabeth who joined the crowd of about 150 people applauding the queen's arrival. "She stands for integrity and respect, and I am in-



▶ Queen Elizabeth II is greeted by wellwishers during a visit to Kings Lynn Town Hall in Norfolk, England, Monday.

spired by her faith. She has been a constant through all our lives."

Accession Day is usually marked quietly because it also marks the anniversary

of the death of Elizabeth's father, King George VI. But it drew extra attention this year because of the milestone celebration.

THE ASSOCIATED PRESS

**\$7.5M** Ottawa has pledged \$7.5 million to help fund four months worth of commemorative activities.

## 11 killed in Southern Ontario crash

Eleven people were killed Monday in a horrific crash between a flatbed truck and a large passenger van near the tiny hamlet of Hampstead, outside Stratford.

OPP Insp. Steve Porter says a large white van loaded with people was travelling west when it was broadsided by the flatbed. The impact caused the truck to roll over into the yard of a home at the intersection, pushing the passenger van against the

side wall of the house. The truck itself came to a rest on its side, against a nearby tree.

Porter said 10 of the people in the van were pronounced dead at the scene. The driver of the truck also died.

Three people survived and were taken to nearby hospitals. Their conditions were not available.

Police says some of the people in the van were migrant workers.

THE CANADIAN PRESS



▶ A police officer stands at the scene of a fatal two-vehicle crash on Monday near Hampstead, near Stratford, Ont.

## Calgary man guilty of assaults on roommate

A Calgary man has been found guilty of aggravated assault and sexual assault against his former roommate and business partner.

Dustin Paxton was charged in August 2010 with assault charges and unlawful confinement after his emaciated roommate was dropped off at a Regina hospital. The pair had previously lived in Calgary.

Paxton was found not guilty of unlawful confine-

ment as the judge determined the victim could have left.

The verdict, handed down in a Calgary courtroom, capped a longer-than-expected trial after Paxton's lawyer requested a stay of proceedings, claiming the defendant had not received a fair trial.

The Justice overseeing the stay application denied it prior to issuing the verdict on all three charges.

● JEREMY NOLAIS



**WALK IN HER SHOES**  
care

She needs to walk an average of 6km a day to keep her family alive. CARE is challenging you to experience what this is like.

## Join Walk In Her Shoes.

Starting March 8<sup>th</sup>, join thousands of Canadians on International Women's Day to empower women and girls to fight global poverty.

Sign up today!

[www.care.ca/metro](http://www.care.ca/metro)

In partnership with  
**metro**



# PUBLIC INVESTOR NOTICE

30K Condos in Florida, Arizona & Las Vegas  
*Exclusive to Canadian Residents!*

ATTEND MILLIONAIRE MENTOR  
GROUP'S FREE 2 HOUR SEMINAR



Now Canadians can buy...U.S. REAL ESTATE at 70% OFF!



## MMG Success Story of the Year

While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize **Marc Ramsey** for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment. Marc just purchased a 44 unit apartment complex with three separate buildings for a mere \$150,000. Once the rehab is completed, Marc will still be under \$500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over \$200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.

You don't need cash, credit or experience to take advantage of the incredible opportunity. You just need the desire to own your own personal real estate **CASH COW**. Attend this FREE 2 hour seminar and find out how you can own up to 10 investment properties in the U.S. for pennies on the dollar. Why not put \$30,000 in your pocket each month? **Take advantage of the U.S. GOLD RUSH** just like so many other fellow Canadians.

At this **FREE 2 hour seminar** you'll learn how to spot, finance and create instant cash flow on any one of many MLS properties available.

## Learn How to Access Condos in Florida, Arizona & Las Vegas at Free Seminar



Apartment Building  
"30 units"  
Extreme Price Reduction  
**\$130,000**



Condo in ORLANDO  
2 bed, 2 bath  
Extreme Price Reduction  
**\$30,000**



Condo in ORLANDO  
1 bed, 2 bath  
Extreme Price Reduction  
**\$30,000**



Condo in KISSIMMEE  
2 bed, 2 bath  
Extreme Price Reduction  
**\$31,800**



Condo in Las Vegas  
2 bed, 2 bath  
Extreme Price Reduction  
**\$34,000**



Condo in Las Vegas  
2 bed, 2 bath  
Extreme Price Reduction  
**\$29,900**



**VACATION GETAWAY! 3 Days/2 Nights! WHEN YOU ATTEND**

**All Attendees will Receive a FREE MP3 PLAYER & INSIDERS HOT LIST!**



**PLUS FREE  
E-BOOK!  
when you REGISTER  
NOW!**

*Millionaire Mentor Group presents...*

**CALL NOW 1.800.866.8614**

register online at [www.SpecialPublicAnnouncement.ca](http://www.SpecialPublicAnnouncement.ca)

**OTTAWA**  
Friday, February 10  
2 pm or 7 pm  
**HOLIDAY INN SUITES**  
**OTTAWA**  
101 Kanata Avenue

**OTTAWA**  
Saturday, February 11  
10 am or 2 pm  
**WESTIN HOTEL**  
**OTTAWA**  
11 Colonel by Drive

**OTTAWA**  
Sunday, February 12  
10 am or 2 pm  
**BEST WESTERN PLUS  
BARONS HOTEL**  
3700 Richmond Road

# Canada slips from top spot on economy: Analysts

MARK LENNIHAN/THE ASSOCIATED PRESS



► People wait to talk with potential employers at a job fair sponsored by National Career Fairs in New York last December. Month by month, the U.S. job market is regaining its health.

- Economists expect U.S. economic growth to outpace Canada's in 2012
- Employment in U.S. has been rising twice as sharply as in Canada

It's going to get harder for Prime Minister Stephen Harper and his ministers to keep boasting that Canada is No. 1 among economic rivals.

As the year unfolds, analysts say it will become increasingly apparent that Canada no longer leads the G7 in economic growth and job creation.

And as unlikely as it seems, it's the United States — the land of crippling trade deficits, high unemployment and government debt — that's likely to relegate Canada to second place, if not third behind Germany.

"We are going into a period of catch-up where it looks like the U.S. is doing

better because they will be growing faster, on the jobs front perhaps most starkly," says Douglas Porter, deputy chief economist with the Bank of Montreal.

On many fronts, the switch has already begun. Last week's employment reports indicated 2,300 jobs added in Canada in January versus 243,000 in the U.S.

Even though Canada is one tenth the size of the U.S., that's still more than 10 times more jobs created.

In the fourth quarter of 2011, the U.S. posted a gross domestic product expansion of 2.8 per cent, while Canada's is projected to come in at 1.5 per cent with the tally from Statistics Canada. **THE CANADIAN PRESS**

## Railroad legend assures he can turn CP around

ALVARO BARRIENTOS/THE ASSOCIATED PRESS



► Hunter Harrison

Railroad legend Hunter Harrison promises he won't disappoint if Canadian Pacific Railway Ltd. shareholders grant him the chance to end his retirement and head up an overhaul of the struggling railroad.

But the 67-year-old former CEO of rival Canadian National Railway also pledges his "no excuses" crackdown on efficiency wouldn't mean slashing costs or massive job cuts.

In a town-hall meeting in Toronto on Monday hosted by Pershing Square — the New York hedge fund calling for a shakeup at the railway — Harrison said shareholders need to re-evaluate CP's strategy, as well as its current management, who appear to be confused as to "what they really want to do and accomplish."

"Clearly the execution is not there," he said of CP's strategy to improve its operating ratio — a railway measure of efficiency.

Bill Ackman, head of the Pershing Square activist fund that holds a 14.2 per cent stake in CP, believes current CEO Fred Green is the wrong man for the job, and endorses handing the reins to Harrison. "We think the board has chosen the wrong CEO," Ackman told the audience of 400. "The result is the worst railroad in North America."

Harrison said he will focus on reducing costs, downsizing and managing fewer assets. Pershing Square believes Harrison can get Canadian Pacific's operating ratio from 81.3 in 2011 down to 65 in the next four years. **THE CANADIAN PRESS**

**YOU HAVE  
23 DAYS  
TO STOP  
A LEADING CAUSE  
OF DEATH.**

Please donate this February at  
**heartandstroke.ca**  
and make death wait.



## Amazon to pilot retail

A pair of industry bloggers are reporting that Amazon.com is about to open a brick-and-mortar store in Seattle to test the waters for a retail launch.





Amazon recently launched its own publishing arm, Amazon Exclusives, but Indigo in Canada and Barnes & Noble in the U.S. have refused to carry their books.

Michael Kozlowski, edi-

tor-in-chief of Good e-Reader, quoted "Amazon sources close to the situation" as saying the store would concentrate on "books from their growing line of Amazon Exclusives" as well as e-readers and tablets.

"Based on Amazon's continued push for exclusivity with publishers, agents and authors, Indigo will not stock Amazon-published titles in store," explained spokeswoman Janet Eger of Indigo Books and Music Inc. **TORSTAR NEWS SERVICE**

## Market moment

TSX	Dollar	Oil	Natural gas
			
- 17.44 (12,559.85)	- 0.19¢ (100.45¢ US)	- 0.93¢ US (\$96.91 US)	\$2.55 US (+ 5¢ US)
			Gold \$1,724.90 US (- \$15.40 US)

## News in brief

### India challenges Internet giants

**CENSORSHIP.** Google India has removed web pages deemed offensive to Indian political and religious leaders to comply with a court case that has raised censorship fears in the world's largest democracy, media reported Monday. The action follows weeks of intense government pressure for 22 Internet giants to remove photographs, videos or text considered "anti-religious" or "anti-social." A New Delhi court gave

Facebook, Google, YouTube and Blogspot and the other sites two weeks to present further plans for policing their networks, according to the Press Trust of India. **THE ASSOCIATED PRESS**

### Snow village set for Saudi mall

**COMPETITION.** Dubai's famed indoor ski slope is about to get some Gulf competition. Saudi developers say they plan a "snow village" inside a new mall in Riyadh. Developer Al Othaim Investment and Real Estate Development Co. says the attraction is scheduled to open later this year. **THE ASSOCIATED PRESS**

**STRESSED ABOUT DEBT?**



More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.

BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

613 235 5225  
bdodebthelp.ca

BDO Canada Limited is an affiliate of BDO Canada LLP, BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.





# HOW MUCH DO MARKS MATTER?

## SHE SAYS ...

JESSICA NAPIER  
METRO



exclusively on grades. All applicants will be required to complete a supplementary questionnaire about their extracurricular activities and life experiences outside of the classroom.

The reasoning behind this decision is that the leaders of tomorrow (and source of future alumni donations) need to have interpersonal skills, not just book smarts, in order to succeed. Because we all know that, once you graduate, being able to network is far more important than knowing stuff.

As a closeted academic who still dreams of going back to school to do a PhD the way other people dream about early retirement, my initial reaction to this decision was one of total horror.

The University of British Columbia recently announced that starting in the 2012-2013 academic year admission to the institution would no longer be dependent

During my postgrad days I worked as a teaching assistant for an undergraduate marketing class. With every assignment I graded, I became more and more concerned about the lack of basic writing skills among the student body. I encountered so many spelling mistakes and grammatical errors that I began to question how some students had even managed to pass a high school English course. With this in mind, the last thing we need is for universities to begin experimenting with lowering their admission standards in the name of well-roundedness.

On the other hand, a culture of grade-chasing overachievers doesn't allow for the type of creative minds that we need in academia, business, the arts, medicine, law and so on. Perhaps the move to a more holistic set of admission requirements isn't about "dumbing down" post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse."

business, the arts, medicine, law and so on. Perhaps the move to a more holistic set of admission requirements isn't about "dumbing down" post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse. Then again, I'm not sure when being "smart" and being "sociable, physically active, compassionate, etc." became mutually exclusive.

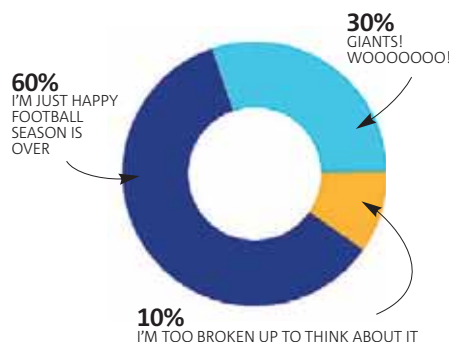
I don't believe we should judge students on how well they can recite textbooks verbatim and memorize formulas. We should look at university as a place for breeding critical thinking and intellectual curiosity. Not only that, they are places for personal growth, blossoming independence and cultivating all those basic life skills you didn't figure out back when your parents were doing your laundry and cooking your meals.

That said, universities aren't grownup summer camps and they shouldn't be treated as such. More than anything, those four years are about higher education, and if you don't have the marks to get there how are you going to get the marks to stay there?



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

So how about that game on Sunday?



## Local tweets



@RobertChapmans: Big

thanks to the #Ottawa Police and others for catching our family dog after he got loose today and was playing in traffic... #OttawaPolice

@MPJulian: Another glorious skate to work on sunny Rideau Canal. Something very Canadian about skating to work. I love it! #ndp #cdnpoli #ottawa

@TonymclementCPC: A

"funny smell in the galley" delayed my flight to Ottawa by an hour this morning...

@JeanGuyManiwaki: Elizabeth May and Justin Trudeau! Seen in Ottawa! The birth of a new pol party? Who knows! "May" I suggest a name? The New Demographic Party

@MatthewLemay: is looking forward to seeing @samrobertsband in #Ottawa this weekend. If you require a shredding bongo soloist, please call my people :)

KEVIN FRAYER/THE ASSOCIATED PRESS

## Daily Zoom

# Water, water everywhere



## J-stroking it

An Indian man paddles a raft to a concrete island, meant to be part of an overpass construction project but now derelict, as he searches for items to salvage in the holy River Yamuna in New Delhi on Monday. **THE ASSOCIATED PRESS**

## Drying up

Environmentalists say only 30 per cent of Yamuna's original river bed is left today. In 1962, the full river bed was visible in areas such as north Delhi, east Delhi and Noida, according to the Deccan Herald.

## Nor any drop to drink

The Yamuna is one of the world's most polluted rivers while supplying more than 60 per cent of the water needed by the Delhi region.

**THE ASSOCIATED PRESS**

**400X** The level of total coliforms like fecal bacteria, which indicate presence of disease-causing bacteria in the water, are 400 times higher in New Delhi compared to tests performed upstream, a report says.

2  
scene

## Ellen's in



JC Penney continues to support their decision for hiring Ellen DeGeneres as the spokesperson despite an outcry from the One Million Moms group. What do you think? By supporting an openly gay woman, is JC Penney taking sides in the "culture war"? Or are they just supporting a popular comedian?  
METRO



Best new artist Grammy nominee J. Cole has gold album, platinum single, but wants more

# Vowing to stay true to roles

► Rising actor Channing Tatum initially turned down the lead in new romantic drama



NED  
EHRBAR

SCENE@METRONWS.CA

METRO WORLD NEWS IN LOS ANGELES

Director Michael Sucsy isn't afraid to admit that Channing Tatum initially passed on his lead role in *The Vow*, his new romantic drama based on a true story co-starring Rachel McAdams.

The film follows Leo and Paige, a couple trying to rebuild their relationship after a car accident robs Paige of her memories — including those of her husband. So what was so wrong with the project, according to Tatum?

"When I read the first version of the script, it felt like Leo was just too great. He was too good, too perfect. He was so understanding that I didn't believe him as a real person," Tatum says, adding that he had trouble connecting with the character. "I wish I could say I'd be that understanding," he says. "I think it would be more frustrating."

So how did Sucsy lure his leading man back to the project? Having McAdams on board didn't hurt.

"As soon as I heard that she was on it, I was like, 'I'm in,'" Tatum admits — but first they had to make some changes to his character.

"We tried to put more frustration in there," he says. "I think you would have to swallow so much, and that's what we were trying to do with Leo. I even wish we'd have went a little step further with it, but I



► Actor Channing Tatum, left, stars with Rachel McAdams in *The Vow*, based on the real-life story of a couple trying to rebuild their relationship after a car accident robs the wife of her memories.

think it might've been too heavy."

Of course, they could always refer back to Kim and Krickitt Carpenter, the real-life couple on whose story *The Vow* is based.

But the Carpenters made Tatum more nervous than anything else: "I was worried. I was nervous to meet [Krickitt] because I didn't want him to hate what I was doing with their story," he says. "But they were so positive. I think they were just so thankful that their story was going to be out there — or a version of it."

Speaking of real-life situ-

ations, part of Tatum's own life will be hitting theatres later this year with Stephen Soderbergh's *Magic Mike*, which the actor co-wrote, focusing on a particularly revealing part of his young life.

"I was a stripper for about eight months between 18 and 19 years of age in Florida," Tatum says. "It's a part of my life that I'm not so proud of, but I'm not ashamed of it. If anything, I will stand by it because it was one of the most pivotal parts of my entire life. It was crazy."

It's also the kind of personal history most A-list

stars would try to cover up — something Tatum admits he was pressured to do at first.

"[My publicist] was like, 'No no no, we're not saying anything about it,'" he says. "I'm like, 'Look, it's going to come out, I'm telling you. We should just say it, because I'm not ashamed of it. I'm telling you we should talk about this because I think it's hilarious, and I'm not afraid to talk about it.' I will tell you, though, after the film comes out I will never talk about it again. I'll be like, 'Enough said, watch the movie.'"

## Ad advantage

- An acting career — and a clearly successful one at that — likely wouldn't have happened for Channing Tatum if it hadn't been for one visionary director.
- "I just fell into this Pepsi commercial that was directed by [renowned Indian director] Tarsem, and it was such a fun experience," Tatum says. "It was one of those moments when I was like, 'Oh my God, this is everything I've ever wanted to do.'"

UNE ÉDUCATION FONDÉE  
SUR DES  
VALEURS CHRÉTIENNES

ecolecatholique.ca

613-746-3837 | 1-888-230-5131

Veuillez consulter notre site Web afin de connaître tous les critères d'admissibilité pour l'inscription de votre enfant.



CONSEIL DES  
ÉCOLES CATHOLIQUES  
DU CENTRE-EST

Le meilleur conseil  
qu'on puisse vous donner



# Do your resolutions include finding a new career?

Explore what you want to be and how to get there.



Visit **CareerBear.com** to learn more

# Katy Perry and Tim Tebow... a match made in heaven?

► Newly single singer dedicates a song to the football player at a pre-Super Bowl party ► Perry's parents want a 'good Christian' man for their daughter



► Katy Perry

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONEWS.CA



Katy Perry made her first U.S. concert appearance since husband Russell Brand filed for divorce, playing a pre-Super Bowl party in Indianapolis, according to People

magazine.

And while she made no mention of Brand, she did apparently have another guy on her mind: "This one goes out to Tim Tebow," she said before playing her song Peacock.

It was previously reported that Perry's religious parents were eager to set their newly single daughter up with the football player because "above all, he's a good



► Tim Tebow — doing what he does best.

Christian."

If you need a rebound who is the exact opposite

of your soon-to-be ex-husband, Tim Tebow is probably it.

## The Unlimited After Work plan

Unlimited when you need it to be



Unlimited evenings  
from 5 p.m.

Unlimited weekends

Unlimited text messages  
anytime

150 weekday minutes

Only  
**\$25**  
per month<sup>1</sup>

fido



LG Optimus 2X  
**\$30**  
with select 3-year  
Fido Agreements<sup>2</sup>  
You save \$395

Motorola RAZR<sup>™</sup>  
**\$100**  
with select 3-year  
Fido Agreements<sup>2</sup>  
You save \$425

Galaxy Nexus  
**\$160**  
with select 3-year  
Fido Agreements<sup>2</sup>  
You save \$440

Get the Fido ADVANTAGE<sup>™</sup>

FidoDOLLARS

FidoANSWERS



Discover the tab-free way

It's time to switch. Go to [fido.ca](http://fido.ca), visit a store or call 1-866-301-3436.



Offers subject to change without notice. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. 1. Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Local airtime minutes only. Plan includes messages sent from Canada to Canadian wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions), sent international texts and messages sent while roaming not included and charged at applicable rates. Subject to Fido Terms and Conditions & Acceptable Use Policy, [fido.ca/terms](http://fido.ca/terms). 2. With new activation on a 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (\$10/100 MB Add-on excluded). Taxes extra. <sup>™</sup>Portions of this page are reproduced from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. All other brand names and logos are trademarks of their respective owners. Fido & design, Fido ADVANTAGE, FidoDOLLARS and FidoANSWERS are trademarks used by Fido Solutions. © 2012



# The last great couturier

► Iconic designer Karl Lagerfeld refuses to be defined ► Now 73, he drinks Diet Coke, quotes Percy Bysshe Shelley and, with two new lines, still makes women clamour for his clothes

**KENYA HUNT**  
STYLE@METRONWS.CA  
METRO WORLD NEWS IN LONDON

It's 5 p.m., and Karl Lagerfeld was due to arrive at 3:30 p.m. So his press team and I, sitting in his private office on Paris' Left Bank, munch on Magnum Ice Cream bars, a brand for which he's directed commercials.

A staffer offers me a pink bottle of Diet Coke emblazoned with a miniature ponytailed Lagerfeld and designed by the man himself. I pour the soda into a sleek, cube-shaped Orrefors glass created by, you guessed it, and then sip my drink underneath a giant crystal antique chandelier.

Finally, Lagerfeld arrives looking impenetrable in dark glasses and leather, but he has the sniffles. Welcome to Karl's world, a contradictory mixture of the old-fashioned and thoroughly modern, the rarefied and the mass market, the untouchable and surprisingly vulnerable.

**You're about to re-launch your Karl Lagerfeld brand as two collections, both of which will be sold online and one of which is very affordable. Why now?**

These days, it's much easier to use decent fabrics for not so much money. Really great. When I did H&M, which was already seven years ago — I cannot believe it — I had a kind of appeal for people who buy inexpensive.

I don't say cheap because people are cheap, but clothes are not supposed to be cheap — they are supposed to be well designed and not expensive.

There's a very big difference, ah? So [the Karl Lagerfeld launch] has the top and the top of the inexpensive. I don't say low because there is nothing low.

When I did H&M, everyone said don't do it. And it worked. When I took over Chanel, everyone said to me, don't do it, it's dead, it doesn't work. It worked

beyond. So I better not listen to people and follow only my instincts.

**Do you spend a lot of time on the Internet?**

Yes. I spend a lot of time — no, time passes so quickly that nothing is ever a lot of time.

**Do you ever shop online?**

Not personally.... I don't do the Internet myself but everyone around me does it for me. And if I want to buy, I buy things from the Internet but it's not me personally. I don't give the number of my credit card and all those things.

**What is your response, to people who say you do too many collaborations?**

I couldn't care less. It depends if I know the people. If unknown people say this, they should send me a note and explain why. The limit is up to me to decide.

**You're known for constantly moving forward and really capturing the now. But are there any moments from the past that you hold dear?**

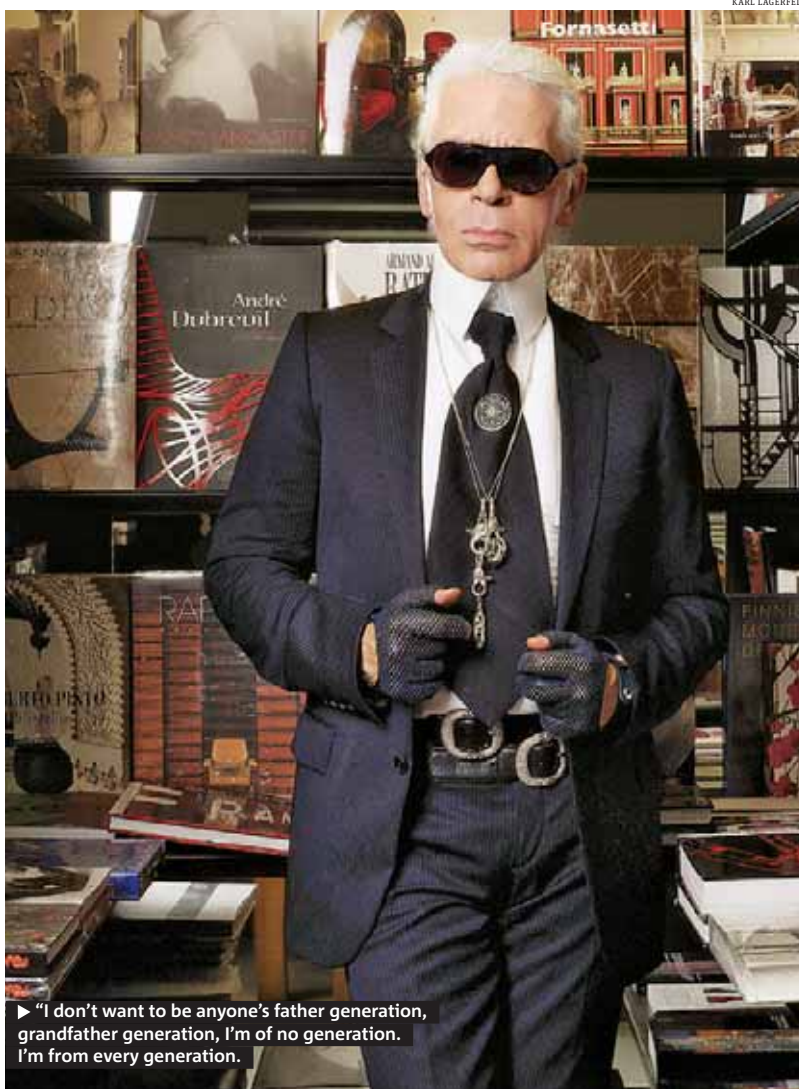
I'm not a vintage specialist. For nothing. Not for my life, not for my work, for nothing. I have no archives. Maybe the houses keep archives. I have nothing. I'm not interested in what I did. I'm just interested in what I'm doing, what can be inspired.

**You've influenced many people. Who has influenced you?**

You know, don't put influence into words. Influence has another name and that's called copying. It's in the air, I don't know. I'm like a TV antenna.

**Do you watch a lot of TV?**

I like to be on TV but I don't watch TV. I have no time for that.... When I'm at home alone, I hate voices. I like music or singing, but I hate voices and stories. It has the feeling that they enter my life. I love to be alone to read, to sketch with music, but I don't like ready-made images. I prefer to live on my imagination.



► "I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation."

**When was the last time you were in love?**

I don't know. I like freedom.

**Do you find relationships too constricting?**

Relationships happen for everybody, it can never be a problem. But it's not really my main thing.

**If you had a child or a pupil or someone who you had to pass down words to live by, what would you pass down?**

That's why I don't have children, mmm? There's nothing to pass down because everybody has to invent his own thing. I don't believe very much in this because what I learned,

saw, and all that happened in other periods, and the world is different now.

I have a godson, who is small, three-and-a-half years old. Genius. He's got real personality and his parents have no authority. He loves clothes. He wants everything like me. He sleeps with his gloves and goes to school with black glasses on. It's so funny.

But I believe you have to find your own way. What I hate about children is that they put you in a generation mode. I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

**Have you ever had a pet?**

Yes, but they die so I don't like them. The drama is I had two I really liked and after they died I don't want another one. That's too depressing.

**Are you afraid of death?**

I couldn't care less. [Percy Bysshe] Shelley said death may be a waking up from the dream of life.

But if you ask me, I think it's like a sleep where you don't wake up. You don't remember before, you don't remember after. The only thing is I don't want to be seen dead. So anyway, over, over. The battery is finished, huh, pfft.

# 3

life

Get more Karl



Want more Karl Lagerfeld? Visit [metronews.ca](http://metronews.ca) to read about some of the fashion legend's muses, including Florence Welch, Edgar Ramirez and Azealia Banks.

Lagerfeld also gives us a look inside his personal office, and provides an insider's guide to his home base, Paris.

You can also watch Lagerfeld as he spends a day in our Metro Paris office, where he acted as guest editor-in-chief for a day.

● METRO



Scan this code for more Karl Lagerfeld content, or visit us at [metronews.ca/karl](http://metronews.ca/karl)



# Put down that diet pop

► New study shows consumption of diet drinks can put you at greater risk of heart attack, stroke and disease



**CELIA MILNE**  
LIFE@METRONEWS.CA

Switching to diet pop? Be

careful.

A new study has found that drinking a diet soft drink every day can put you at increased risk of

heart attack, stroke, heart failure and vascular death.

"It certainly wouldn't hurt to cut down, as you wouldn't be missing any

ISTOCK PHOTO

## Drinking pop

Why would drinking lots of diet pop be linked with heart problems? It's still a mystery.

► **Increased risk** Researchers in Miami found that drinking diet pop every day does seem to increase your risk of stroke, heart attack, heart failure and vascular events, but they didn't know why. They offered two possible reasons: One is that when you drink something artificially sweetened, it confuses your body, which then craves more calories. Another is that the caramel colouring in diet pop causes a slight chemical aging in the body. It has been linked to the disease multiple sclerosis.



► Artificially sweetened drinks are not a healthy alternative of regular drinks, a new study shows.

important nutrients in your diet," Hannah Gardener, lead author of the paper and a scientist at the University of Miami, told Metro in a phone interview.

Gardener, along with colleagues from Miami and Columbia University in New York, analysed the eating and drinking habits of 2,564 people who had enrolled in the Northern Manhattan Study.

Over the 10 years of the study, researchers found a 43 per cent higher risk for

heart attack, stroke and vascular death in those who drank diet soda daily, compared to those who drank none.

The study took into account confounding factors such as BMI, intake of fat and calories, and pre-existing illnesses.

Interestingly, people who occasionally drank diet pop or who drank regular sugary pop were not more likely to suffer from vascular events in this study.

Gardener was cautious

in her advice about diet pop.

"I don't think people need to stop drinking it," she says.

"It's only one study. More research is needed." But she did add there is absolutely no harm in cutting back.

The research appeared in the Journal of General Internal Medicine.

The bottom line?

Keep in mind that artificially sweetened soft drinks might not be a healthier alternative to regular pop, as the long-term health effects remain unclear.

**WE MEAN BUSINESS**  
AT EVEREST COLLEGE

Offering Career Training in:

- Accounting and Computer Applications
- Accounting and Payroll Administrator
- Addictions and Community Services Worker
- Business Administration
- Cardiology Technologist
- Computer Business Applications Specialist
- Dental Office and Chairside Assistant
- Early Childhood Assistant
- Executive Office Assistant
- Medical Laboratory Assistant/Technician - New Program!
- Health, Fitness and Nutrition Consultant
- Intra-Oral Level II Dental Assistant
- Law Enforcement Foundations
- Massage Therapy
- Medical Office Administrator
- Network Administrator
- Office Assistant
- Paralegal
- Personal Support Worker
- Physiotherapist Assistant
- Travel and Tourism

• Career services assistance available to graduates

• Morning and afternoon classes available. Evening classes vary by campus.

• Financial assistance may be available for those who qualify

• Programs and Schedules Vary by Campus

**CALL NOW FOR MORE INFORMATION!**  
**1-866-475-3192**  
Apply online at [www.EverestCanHelp.ca](http://www.EverestCanHelp.ca)

**Everest COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE  
Ottawa East • Ottawa West  
16 Convenient Locations in Ontario  
Providing Quality Education for More Than 40 Years

CONTEST

**DELUXE evening at the Spa**

Register at [bleuspa.com](http://bleuspa.com) and earn a chance to win a luxurious Spa evening, a value of \$1,000.

Solace on your doorstep

Access to the Scandinavian baths and a four course meal for two

**\$150**  
\*Taxes and tips are extra.



5 Ste-Elisabeth Road, Cantley  
(819) 335-1555 [www.bleuspa.com](http://www.bleuspa.com)



# How The Artist learned to dance

► ...and how Michelle turned into Marilyn and Rooney got that tattoo ► We found out how three of this year's Oscar nominees morphed into their movie's characters



► From left: Dance coach Ruiz and Dujardin

## JEAN DUJARDIN (Best Actor) BÉRÉNICE BEJO (Best Supporting Actress)

► **MOVIE:** The Artist  
► **THE CHALLENGE:** Choreographer and tap dance coach Fabien Ruiz had to get the leading actors to dance like Fred Astaire and Ginger Rogers in this silent ode to classic cinema. He admits that training Dujardin and Bejo involved a lot of sweating: "Neither of them knew how to dance and, honestly, no one is naturally amazing at tap dancing," he tells Metro. Eight months before filming began, Bejo was training two hours a day, five days a week. Dujardin started a few months after, doing two hours a day, three to four times a week.



## MICHELLE WILLIAMS (Best Actress)

► **MOVIE:** My Week with Marilyn  
► **THE CHALLENGE:** Naturally petite Williams admitted to Vogue magazine that most of the weight she gained to embody Monroe didn't enhance her lower body but instead went straight to her face, forcing her to pad her hips in order to create a more voluptuous figure. To help her re-enact Monroe's iconic wiggle, a crucial characteristic both when she walked and danced, she worked with movement coach Jane Gibson of theatre company Cheek by Jowl.



## ROONEY MARA (Best Actress)

► **MOVIE:** The Girl With the Dragon Tattoo  
► **THE CHALLENGE:** To get under the skin of Steig Larsson's slim and tough heroine, Lisbeth Salander, Mara chopped off her hair into jagged bangs, shaved her eyebrows, and got her lip, brow, nose, ears and nipple pierced. To mimic Salander's edgy attitude and boyish stance, she took up kick boxing, skate boarding and learned how to ride a motorcycle. The dragon tattoo however, was not a permanent etching. It had to be applied daily, after hours in the make-up chair.



ROMINA MCGUINNESS  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON



**CENTRE DENTAIRE  
RIDEAU  
DENTAL CENTRE**

Aesthetic, Implant  
& Family Dentistry  
Since 1983



**STRESS FREE AND  
CARING DENTISTRY  
NOW ACCEPTING  
NEW PATIENTS**

613-230-7475 • 2nd Level • Rideau Centre

Check out our weekly blog at  
[www.rideaudental.ca](http://www.rideaudental.ca)

THIS WEEK: *Never Mind San Francisco* - *Did You Leave Your Heart in Your Dentist Office*







## La Cité collégiale « PRATIC »

Programme d'Accès aux Technologies de l'Information et des Communications

**NOUVEAU PROGRAMME** permettant l'accès au marché du travail dans les technologies de l'information et des communications

Services gratuits exclusifs aux nouveaux arrivants

**CONTACTEZ-NOUS  
MAINTENANT!  
613 742-2475**

### Saviez-vous que ?

- ✓ Le gouvernement fédéral est le principal employeur de la région d'Ottawa.
- ✓ Le gouvernement fédéral exige au minimum un diplôme collégial d'un programme de 2 ans.
- ✓ Les nouveaux arrivants ont de la difficulté à faire valoir leurs acquis éducatifs et leurs expériences de vie lors de leur inscription à un collège ou université.
- ✓ Le projet PRATIC peut vous aider à faire valoir vos antécédents, accélérant ainsi votre obtention d'un diplôme.
- ✓ PRATIC... Pour un accès rapide au marché du travail des technologies de l'information et des communications.

**CONTACTEZ-NOUS DÈS MAINTENANT** afin de vérifier votre éligibilité au 613 742-2475  
<http://pratic.citedesaffaires.com>

Financé par :  Ontario L'Ottawa reçoit du soutien du gouvernement du Canada pour certains programmes de formation



Le Collège des meilleures pratiques

## Resolutions live on at the Soloway JCC

Need some help staying on track? Let us help you on the path to health and wellness with everything you need to look and feel your best.

saltwater pool | kettlebells | pilates | yoga | spinfit | Heart Wise Exercise



**Soloway JCC** | 21 Nadolny Sachs Private  
One block south of Carling off Broadview  
613-798-9818 EXT. 295

**JOIN TODAY!**



# Jammin' & eatin' at Mugena's

► This lunch spot serves West Indian favourites like roti and ginger beer

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



Mugena's shares space with a grocery store that stocks exotic foods like ox tail, pigs feet, goat, speciality vanilla and milo.

After poking through the aisles, I wander into the restaurant.

I am the only one asking for lunch, and I'm greeted with tentative smiles and hesitant



► Chicken Roti (\$9.99)

warmth. I order chicken roti and ginger beer and find myself longing for the sound of the surf and the heat of the sun.

I choose a spot near the window among the several tables.

The roti arrives.

Wrapped inside the soft tortilla are chick peas, potatoes and chunks of chicken.

The curry is mild and requires a douse of the hot sauce from the bottle sitting on the table. The filling is duly moist, but

overall, the flavour is dull and a touch bitter.

The salad on the side is crisp and simple with several cucumber slices and a drizzle of dressing.

I promise myself that next time I'll try the goat roti.

## Slow Cooker Muesli



### Preparation:

**1** Spray inside slow cooker crock with non-stick spray. In crock, combine rice, dried apples, wheat berries, oats and barley. Stir in water, maple syrup, vanilla, cinnamon and salt. Cover.

**2** Cook on High setting for 2 1/2 hours or until grains tender. Add butter, stirring muesli and adjust texture by adding water if desired. Serve with yogurt and additional maple syrup. **THE CANADIAN PRESS/ RICE-INFO.COM/ ADAPTED BY EMILY RICHARDS**

### Ingredients:

- 175 ml (3/4 cup) uncooked long grain brown rice
- 250 ml (1 cup) finely chopped dried apples
- 75 ml (1/3 cup) each wheat berries, steel cut oats and barley

- 1.5 l (6 cups) water
- 50 ml (1/4 cup) pure maple syrup
- 10 ml (2 tsp) vanilla extract
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) salt
- 15 ml (1 tbsp) butter
- Vanilla yogurt

Don't pay extra  
for Call Display  
and Voicemail.  
Talk about a tag team.

Only from  
Koodo!

Included in all our new and  
improved Canada-wide plans.



**koodo**  
mobile®

Good call



► FUTURE SHOP

Walmart

koodo  
shop

**Ottawa**  
Bayshore Shopping Centre  
Carlingwood Mall  
Les Galeries de Hull  
Place d'Orléans  
Promenades de l'Outaouais  
Rideau Centre  
St. Laurent Centre

**Belleville**  
Quinte Mall

**Brockville**  
1000 Islands Mall

**Cornwall**  
Cornwall Square

**Kingston**  
Cataraqui Town Centre



# Why keep up with the Joneses?

- Have your very good manners made you house poor?
- Stop trying to keep up appearances and get out of debt

## FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA



According to a survey released last week by ComFree, 40 per cent of Canadians are very hesitant to talk about their personal financial situation because it isn't 'polite,' especially when it comes to home ownership.

The majority stated that they'd prefer to maintain their current outward per-

ception of net worth. Sadly, keeping up with the Joneses is one of the major reasons Canadians wind up house poor.

Home poverty is when after paying a mortgage and household bills, there's little money left over for other things like groceries, RRSP contributions, home maintenance, car repairs and vacations. To get out of it, home owners must increase their cash flow by cutting back spending.

If you're running a negative bank balance for more than three months because of your home, you're in financial trouble and must make major cash-flow ad-

**"Politeness and maintaining a perception of wealth have no place in healthy personal finances."**

justments. March over to the bank immediately and consolidate your loans and credit cards to take advantage of low interest rates and more affordable monthly repayment options. Cancel unnecessary monthly expenses like club or gym memberships, dinners out, souped-up cell-phone and cable packages, iTunes downloads and



Home owners often have to increase their cash flow by cutting back on spending.

nail/hair appointments.

If you're guilty of splurging on your kids, stop and explain to them that you need to save money. Get a roommate and lease out your parking stall. If you've got two vehicles, sell one and share the other with your partner, or get rid of your car permanently.

If you can't get out of the red, you may need to sell your home, buy a smaller

more affordable one, or rent for a while. The top three ways to save major money when selling a home are to price it correctly, negotiate to maximize the home's value and consider selling through a commission-free listing service like ComFree.

And the top three ways to save major money when buying a home are to recognize a good deal, buy within

your means, and use a mortgage broker to get a rock-bottom interest rate.

Politeness and maintaining a perception of wealth have no place in healthy personal finances. By talking about our finances and getting advice from qualified professionals, Canadians can be more realistic about building their net worth, which includes affordable home ownership.

## CHARLES THE BUTLER



Dear Charles I think of the good old days when a man or boy offered his seat on the bus or subway to an older person or woman. I believe this was

**the correct thing to do. What do you think?**  
**Signed,**  
**I'm not an old spinster!**

Dear I'm not an old spinster!

We think back to a time in history when the air was

pure, people were safe and properly dressed, they had polite manners and conversations with each other, and life was wonderful.

Well, I don't want to burst anyone's "happy-place bubble," but that time in history never really hap-

pened.

However, there was a time when chivalry was commonly practiced.

A man was always most respectful of women. I personally don't believe that chivalry is dead; I observe that when it is practiced, it

is very much appreciated and welcomed.

So what's my point? I believe chivalry must be taught.

Parents who go out of their way to teach their children these manners give them great social ad-

vantages, because nobody is ever criticized for being polite or a gentleman, but everyone is always criticized for their rudeness and lack of manners.

So gentlemen, on this Valentine's Day, remember your manners — it's always worth it!

**HAVE A QUESTION? EMAIL CHARLES AT**  
**ASKCHARLESTHEBUTLER@**  
**METRONEWS.CA.**

# SEND SOME LOVE

Declare your love to the world by sending a Valentine's Day message to someone special!

Call **1 800.527.6767** before noon on February 13 and create your Valentine's Day message that will appear in Metro on February 14.



metro

**SMALL**  
15-20 words \$4

**MEDIUM**  
25-30 words  
\$9

**LARGE**  
40-50 words  
or 25-30 with  
small picture  
\$18

# BREAK TIME

## HOW TO MAKE THE MOST OF YOUR READING WEEK

While American spring break conjures images of booze-filled partying, Canadian reading week summons scenes of caffeine-filled studying. Experts say the way to make the most of your February break is to combine academic catch-up with personal downtime.

Kristi Kerford, acting associate vice-president of student services at Ontario's Trent University, polled staff and students for their best approaches to the break.

"One of the key things that came up was thinking of it as being a balance of a reading and academic time, and also being time for yourself," she said.

On the personal side, you should recharge yourself. Sleep in, visit friends and family, and get to all those personal



GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

issues you have been putting off. She suggests setting a schedule for the week. If you are sharpest in the morning, do your academic work then and save afternoons and evenings for personal time.

"On the academic side, you want to be thinking about either catching up or getting ahead of your reading and course work," she adds.

If you are heading away for the break, pack thoughtfully. Some course materials are online, while others will require you to bring books.

Kerford says students should start thinking about summer job opportunities.

"If I'm going to my parents' home and I want to work there in the summer,

that's a great opportunity to do some informational interviewing," she says. "You may not be back there again until the summer."

Erin Kaipainen, director of the Centre for Community-Engaged Learning at the University of Calgary, says some students use the week to learn about the real world and make an impact.

"We find students really want to be involved in their community, they want to be learning about issues affecting Calgary and other places, but sometimes it's challenging to fit that into their (academic) calendar," she says.

Hence the Alberta university's reading week programs. This year, one is a digital storytelling project with vulnerable youth in Calgary while another sends students to New Orleans to learn from and help with that community's post-Katrina recovery.

They are not for credits, but do give students in a range of programs an opportunity to try out classroom ideas. Others are overworked in their programs and just want a chance to do something unrelated to their studies.

"Instead of going somewhere hot and sitting on a beach, you're doing something else, something for your own personal development and learning about communities in Calgary or around the world," Kaipainen says.

— Jon Tattrie

## WEALTH OF OPPORTUNITIES WITH FRENCH LANGUAGE STUDY

There is no downside to knowing a second language.

Not only do bilingual students enjoy the richness of a second literary tradition, they also prove to be highly employable adults.

Enrolling your son or daughter in a school that is part of the French Language Education in Ontario (FLE) network ensures their prospects will be bright.

French Language Education encompasses nearly 500 public and Catholic elementary schools and high schools, along with 11 post-secondary institutions — all offering programs and services in French. Full-time junior and senior kindergarten programs are available for children aged four and older; and in some cases, as young as three.

An FLE education goes far beyond French immersion. Students live and learn in French, while also learning English according to the same curriculum taught in English-speaking schools.

As a result, they are proficient in both languages. Students benefit from a range of extracurricular activities as well; learning to appreciate — and contribute to — the vitality of francophone culture.



When it comes to academic success, FLE's numbers speak for themselves. Sixth-grade students, for example, exceed the provincial average in reading, writing, and mathematics. And according to a 2009-10 survey, students in FLE's two affiliated colleges, La Cité collégiale and Collège Boréal, enjoyed employment rates of 88.8 per cent and 90.7 per cent, respectively, within their first six months of graduation. Their employers reported a satisfaction rate of more than 90 per cent.

A bilingual education brings with it a wealth of opportunities for your child. To learn more, visit [elfontario.ca](http://elfontario.ca).





CERTIFIED GENERAL ACCOUNTANTS OF ONTARIO PHOTO

## CGA PROGRAM DESIGNED TO GIVE YOU ABILITY TO DO MORE

Becoming a CGA puts you on the fast track to building an exciting career with strong earning potential, and the Certified General Accounts of Ontario can help you get there.

The CGA program of professional studies provides students with the technical abilities and skills they need to succeed in today's ever-changing global economy. The CGA program of professional studies is designed to give you

the ability to do more in your accounting career.

Once enrolled, you will learn how to analyze financial information, tackle complex management issues and implement corporate strategies. You will also combine accounting principles with critical thinking in order to meet the diverse needs of any organization, from start-ups to multinational corporations, from high-tech to not-for-profit.

As J.D. Clarke, senior vice-president of operations says, "The big thing with our designation is not only do we train accountants very strongly on a technical basis, we also train them how to make strong decisions with that accounting knowledge."

CGAs build their careers on a strong foundation of accounting and financial knowledge — and they understand how to apply that knowledge to see opportu-

## MORE THAN NUMBERS

With the CGA program there is no need to choose between school and work. Students can do both — the CGA program lets students earn while they learn.

In fact, CGAs are in the top five per cent of income earners in Canada and 95 per cent say their CGA designation was a key to their success.

nities and provide solutions throughout the business.

According to Clarke, it's about "making decisions using that knowledge of accounting that you have; that could be decisions from a people side, it could be decisions that are more strategic, it could be decisions that are operational in nature."

There are many reasons to consider the CGA designation. Leading organizations hire CGAs because they bring more than straight accounting to the job. CGAs are known for their big-picture thinking. Certified general accountants see more than numbers — they see the impact and opportunity behind them.

As a CGA you will adhere to one of Canada's most respected codes of ethics and rules of professional conduct, and be respected for your commitment to continuing professional development.

# YOU MAY DELAY BUT TIME WILL NOT.



CERTIFIED  
GENERAL  
ACCOUNTANTS

We see more than numbers.

**Another reason to enrol  
in the CGA program now.**

Don't wait another minute to pursue a career that lets you **DO MORE**. Get your application in before **February 27** and start learning by March.

Get the details at **CGA-DoMore.org/Enrol**

metro

metronews.ca  
TUESDAY, FEBRUARY 7, 2012RRSP  
GUIDECommon  
Questions

## ► Why should you contribute to an RRSP? ► What's the best type of RRSP fund? ► And others

JANE  
DOUCET  
FOR METRO

If you're not exactly sure what a registered retirement savings plan is, you're not alone.

"Even though RRSPs have been around since 1957, there's still some confusion surrounding them," says Paul Lermite, a Vancouver-based certified financial planner with Assante Wealth Management. Here, Lermite an-

swers the following common RRSP questions:

**Why should I contribute to an RRSP?** One important reason is that RRSPs will help you save for retirement. An added benefit is that if you are in a mid-range to high tax bracket, contributing annually to an RRSP will give you a tax break each year.

"If you're in a lower tax bracket—say, anything below \$35,000 annual gross—

you might be better off putting your money in a tax-free savings account," says Lermite.

**Can I use my RRSPs to buy a house?** Yes — but you have to be considered a first-time homebuyer. If you meet those requirements, under a federal government program called the Home Buyers' Plan, you can withdraw up to \$25,000 from your RRSPs in one calendar year to help finance a

house purchase. "Generally, you have to repay all withdrawals to your RRSPs within a period of no more than 15 years until the balance is zero," says Lermite.

**What's the best type of RRSP fund?** "Don't go for 100 per cent bonds or 100 per cent equities," says Lermite. "The volatility will be too harsh." If you are working with a certified financial planner, ask them to put your money in what's

called a "balanced fund."

**With the downturn in global markets, are RRSPs a wise investment?** "They are absolutely still a smart investment option," says Lermite. "When the markets are volatile, it's important to stay the course."

Try to contribute to an RRSP every year — and to push yourself to funnel more money into it each year than you did the previous year.

## Mistakes to avoid when investing in RRSPs

JANE  
DOUCET  
FOR METRO

If hindsight is 20/20, no one would make mistakes — including RRSP mistakes. Now, more than ever, it's important to invest wisely.

"The whole concept of retirement is changing," says Greg Pollock, the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Experts predict that in the coming years, more retirees will work part time or venture into self-em-

ployment, some because they want to and others to make ends meet.

Even if you enjoy working, you will likely want to — or have to — stop at some point.

If you don't want to be invited late to your own retirement party, try to avoid making these RRSP mistakes:

**Don't wait too long to start.** Even if all you can afford to sock away is \$25 per month in your 20s. "Most people don't start thinking about retirement investing until they're in

## What if?

► **Even if you are on RRSP track, are you financially ready for life's curveballs?** In *It's Your Money*, author Gail Vaz-Oxlade includes such

their mid-40s," says Pollock. "That's too late." To get the best RRSP returns, you need to take advantage of compound interest over several decades.

**Don't misjudge how much you will need.** "Underestimating how long you think you'll live can result

chapters as *Just in Case You Divorce*, *Just in Case You Become the Sole Breadwinner*, and *Just in Case You Become Widowed*. In other words, hope for the best, but prepare for the worst.

in a savings shortfall," says Pollock. Paint a clear picture of how you envision retirement. Do you want to travel in Europe in your 60s? Or simply not worry about covering the rent in your 70s and beyond?

**Don't invest while drowning in debt.** Saddled with

student loans or credit card debt? "It's best to pay down all or as much as you can before you start contributing to RRSPs," advises Pollock.

**Don't make infrequent contributions.** If you are tempted to skip a year here and there so you can afford to buy that expensive item you have been eyeing, resist.

"Get in the habit of making annual contributions to your RRSP," says Pollock. "The more you invest over the long term, the better the returns."

Get the  
most from  
your money

Are you one of those people who scramble every February to make an RRSP contribution before the end of the month?

While that scenario is definitely better than not contributing at all, experts point out that you are not getting the most out of your money.

David Gillan, vice-president, T.E. Wealth, says what a lot of people do is either deposit the lump sum based on what they can contribute or how much they have to put in to break even and not pay any taxes. But they often wait until the end of February.

"Ideally, we'd like to take a lump sum and put it in Jan. 1 of each year," he says. "That way the money is in there and starting to grow tax free for you."

Of course, most experts recommend contributing a certain amount of money to your RRSP every month. "As markets move up and down through the year," says Gillan, "at the end of the year it should average out to be a better return for you overall because you're not just lump-summing it."

Even better, you will have a retirement savings plan in place.

Should you take a loan for your RRSP?

Many people do. Since the RRSP loan itself is the security, when banks lend out money for an RRSP it's generally only a one-year term. You just have to make sure whatever you are borrowing to put into your RRSP you can pay back every month. And you should still be able to make your current RRSP monthly contribution.

Also, remember that you don't get to write off that interest because you are using it to put into a RRSP.

## SAVINGS PLAN

"The rule of thumb keeps changing," says Gillan, "but we always say for every dollar you need in retirement, you need to put away about \$20 in savings."

● YLVA VAN BUUREN



# Be methodical with your contributions



Do you hear the clock ticking ... time is running out if you intend to contribute to an RRSP.

The deadline for contributing and using it on your 2011 income tax return is Feb. 29, 2012. The deadline, usually March 1, is different because it's a leap year.

What is also different this year is the slight increase in the amount you

can contribute. For 2012, the contribution limit is 18 per cent of your income in 2011 to a maximum of \$22,970.

The federal government introduced RRSPs in 1957 to encourage Canadians to save for retirement.

The biggest benefit is the immediate tax savings, says David Gillan, vice-president of T.E. Wealth. "You get a tax deduction for the year that you put it in." Your total income is reduced by the amount you

invest in your RRSP. That means you pay less tax and are left with more of the money you earned, says Gillan.

"RRSPs are also a good savings plan ... they keep you disciplined," says Jillian Bryan, an investment adviser at TD Waterhouse, Vancouver. If you are paying into a plan like this, it's hard to pull the money out and you will be less likely to do so.

Furthermore, every dollar grows without attract-

ing any tax through its accumulation, says Richard McKenster, spokesperson for Advocis (the Financial Advisors Association of Canada), Halifax. "If the fund earned six per cent, the fund earned six per cent."

In most cases (and this is where a financial planner can help), you will be in a lower tax bracket when you are retired and, as a result, the "income" from your RRSPs will be taxed at a lower percentage rate.

Keep in mind that if you have a spouse, says Bryan, you can set up a spousal RSP and income split with the higher income earning spouse. Again, you will save because of the lower tax bracket.

## RETIREMENT PLANNING

Retirement planning is a continuum, says McKenster of ADOCIS, beginning when you finish school and continuing through your working life. "It's all about at some point cash-

ing out and retiring and using income from investments rather than earned income."

"And it's not that painful when you're methodical about contributing," says Bryan. "If you don't want to do a budget, then just pay yourself first (take 10 per cent however often you get paid) and make sure you are maximizing your contribution."

The earlier you start, the richer the whole process becomes.

Richness is:

The moment everything changes.

## Scotiabank's 5 Year Plan.

You define richness. With a 5 Year Plan that lets you adapt to anything, we can help with the money part.



[scotiabank.com/5yearplan](http://scotiabank.com/5yearplan)

You're richer  
than you think.®



# CASTING CALL

All For Nothing? hosts real estate agent Paul Rushforth and designer Penny Southam.



DENIS MURPHY PHOTO

## W NETWORK'S ALL FOR NOTHING? SEEKING CONTESTANTS

Have you ever wanted to be on a home makeover show? Well, if you are in the Ottawa area and you are prepping to sell your home, this just might be your chance.

The W Network's All For Nothing? is casting for the second season of this makeover show, which offers a home transformation with an unusual twist: Following the advice of two top professionals — realtor Paul Rushforth and award-winning interior designer Penny Southam — two sets of homeowners compete to make over their homes to win the prize of a commission-free home listing with Rushforth.

The catch? They have 14 days to do it for as little out-of-pocket money as possible. They can also fundraise to increase their reno budget.

"If you're creative in fundraising, that certainly helps — we've had car washes, bottle drives, concerts, lots of different ideas," says Lisa Nault, producer for All For Nothing?

So what does it take to get cast on the show? Nault shares what the producers are looking for.

"We always say we're auditioning the homes as much as the homeowners," says Nault. "So we want homes that have the capacity for a visual transformation. We usually stay away from structural issues — bad foundations, bad windows, etc. That's expensive and tough to do in two weeks."

After all, the cast members on this show do the work themselves following the advice of Rushforth and Southam.

"So you really want jobs that are

manageable," Nault adds.

As for the cast members themselves, Nault notes a little extroversion helps in the audition, but it isn't critical.

"Really, we're looking for outgoing, energetic, fun people to have on the show — humour is also big for us," she says. "Yet, different personalities make for different kinds of episodes. If people are comfortable in front of the camera and they show a bit of their personality and there's the potential for a transformation of their home, that's really what we look for."

Season 2 will be back with all new episodes every Tuesday at 10 p.m. on W starting Feb. 21. If you want to be a contestant, email [Sonja@mountainroad.ca](mailto:Sonja@mountainroad.ca) or call 613-237-4447. For more information, see [mountainroad.ca](http://mountainroad.ca).

## SPRUCE UP YOUR HOME WITH THESE EASY TIPS

"It's amazing how much people pull off on their own in their own houses," says Lisa Nault, producer for W Network's show All For Nothing? Interested in pulling off your own home transformation before you sell? Here are three top tips from the show's experts.

**1 ADD A COAT OF PAINT** "A fresh coat of paint gives you more bang for your buck than anything else," says real estate agent Paul Rushforth. "Make sure colours are warm, neutral and inviting."



PETER CHARTIER PHOTO

**2 THINK NEUTRAL** "Increase appeal to the mass market by selecting a neutral colour palette," notes de-

signer Penny Southam. "Bold style choices have got to go. No patterned wallpaper or unconventional paint or texturing techniques."

**3 DON'T FORGET THE BACKYARD** "Simple fixes will make the most of your existing yard layout," says Rushforth. "So replace any damaged boards on your deck or fence, and apply a fresh coat of paint, or stain and sealant if the finish needs it. Weed and groom your garden and add some perennials for colour when in season."

## FIRST-HAND EXPERIENCE

What is it like to be on All For Nothing? Previous contestant Suzanne Winch — who, along with her husband Kevin, won their episode — shares what it was like to be on the show.

**Q WHAT WAS YOUR EXPERIENCE LIKE ON THE SHOW?**

**A** It was great. We felt daunted by the idea of being taped, but within a few hours the crew made us feel so comfortable that we really enjoyed ourselves. Paul and Penny, who are portrayed as being a little hard-nosed, were both really enjoyable. They said the things that people closest to you may not have the guts to say to ensure that your home is enticing to buyers.

**Q WHAT SORTS OF THINGS DID YOU DO TO YOUR HOME?**

**A** We refinished virtually the entire kitchen, replaced the flooring on our home's main and bottom levels, renovated 3½ bathrooms, refaced the fireplace, turned an unused basement space into a bedroom and painted every room in the house except the master bedroom.

**Q AND WHAT DID YOU DO TO FUNDRAISE?**

**A** We traded website design services for some labour and staging help, and traded items such as a granite bathroom vanity that didn't fit our bathroom for the backsplash work. The most drastic thing we did was a hold garage sale in -20 degree weather. But we sold our outdoor play structure, extra building materials and bikes. We raised more money than we spent on our renovations.

**Q HOW DID IT GO SELLING YOUR HOME?**

**A** As a direct result of the show, we sold our home the day before it hit the market. Paul Rushforth marketed it as promised and sold it — and we got a little more for it than the value that he put on it during the show.

**Q WHAT SHOULD FUTURE PARTICIPANTS OF THE SHOW KNOW?**

**A** Keep in mind that while the two weeks come off like a marathon, you get so much done and get so much help that you otherwise wouldn't have. It pushes you to the limits of your creativity to "do it all for nothing," but if you can get it done at no out-of-pocket cost to you, then you win either way.



PLANNING TO **SELL YOUR HOUSE?**

# BE ON TV

WIN A **COMMISSION-FREE LISTING**  
FROM TOP AGENT **PAUL RUSHFORTH**

- ★ Want to significantly **increase the market value** of your home with little or no money?
- ★ Want the expert services of award-winning designer **Penny Southam** to get your home ready for sale?
- ★ Are you willing to roll up your sleeves to do the work yourself?

"I can't believe how much we accomplished. We've lived in our home for years and didn't do anything, and that could have gone on forever. This motivated us to do stuff we were procrastinating about." – Chris Renwick, Episode 3

**ALL FOR  
NOTHING?**



NETWORK



**PAUL RUSHFORTH**  
Broker

**PENNY SOUTHAM**  
Interior Designer

Web: [allfornothingtv.ca](http://allfornothingtv.ca) E-mail: [sonja@mountainroad.ca](mailto:sonja@mountainroad.ca) Phone: 613-237-4447



4  
sports

## Senators preview

St. Louis  
at Ottawa  
7:30 p.m.  
TV: SNET



The Senators (27-21-7) host St. Louis (30-14-7), which lost 3-1 to Nashville on Saturday. Blues netminder Brian Elliott is likely to get the start against his former team. St. Louis hasn't lost consecutive games in regulation since Ken Hitchcock became head coach in November. Kent Huskins (ankle) and Jason Arnott (shoulder) are day-to-day, while Andy McDonald and Alex Steen (concussion) remain out indefinitely.

THE CANADIAN PRESS

# 'I don't think there's any reason to panic'

► Foligno and Senators teammates believe they can work their way out of slump ► Ottawa offence has gone dry during prolonged winless streak



► Craig Anderson, right, pulls the puck out the net during the Senators' 5-0 loss to the Maple Leafs in Ottawa on Saturday night.

The Ottawa Senators may be struggling, but the club has every reason to believe it can turn things around.

Mired in a six-game winless streak and barely holding on to a playoff spot, the Senators (21-21-7) say they have plenty of time to right the ship.

"We think we have what it takes to turn this around obviously," captain Daniel Alfredsson said Monday. "We know it's not going to be easy, but it's a challenge and we look forward to it."

Despite the losses piling up, the Senators remain op-

## Snipers slump

Not surprisingly, Ottawa's top three offensive weapons have been ineffective during the Senators' slump.

timistic.

"We put ourselves in a good spot and I don't think there's any reason to panic," Nick Foligno said. "We're still in a good position.... We're right there and we can tweak things just a bit and we'll be playing winning hockey again."

► Milan Michalek doesn't have a point in his last seven games, Jason Spezza has been held pointless in his last six and Daniel Alfredsson has two goals and one assist in the same span.

One of the noticeable aspects through the slump has been the Sens offensive struggles. They were shutout against Toronto on Saturday and were held to just one goal in three of the other losses.

So it was no surprise that Monday's practice featured

work on driving to the net and getting pucks on goal.

Jason Spezza admits guys are probably "squeezing the sticks" a little bit more right now.

"It's nice to have a foundation that we've created that we can fall back on and that we feel comfortable with," Spezza said.

"Everybody feels that the way we play the game translates well into good, competitive close hockey games. We've built that foundation to fall back onto and this is when you use it."

THE CANADIAN PRESS



## Crosby, Staal return to practice

The Pittsburgh Penguins got a boost at practice Monday with both Sidney Crosby and Jordal Staal taking drills on the ice.

Neither is ready to return to game action, but their presence allowed the Penguins to imagine having a healthy lineup.

"It was good to be out there," said Crosby. "This week's been pretty good."

"I feel like I'm getting there. I don't know the timeframe. I wish I did."

THE CANADIAN PRESS

## Contador found guilty of doping

Alberto Contador was stripped of his 2010 Tour de France title Monday and banned for two years after being found guilty of doping. The Court of Arbitration for Sport rejected Contador's claim that his positive test for clenbuterol was caused by eating contaminated meat. The 29-year-old, who also won the Tour in 2007 and '09, tested positive during a Tour rest day in July 2010.

THE ASSOCIATED PRESS

# Allô, ici la Terre!

French-language public schools answer the call by shaping tomorrow's future global leaders.

Ongoing  
registration!

"Growing up in Ottawa, I attended two French public schools at the CEPEO, Eastern Ontario's French Public School Board. It helped me acquire the tools in my career today to succeed as an NHL player."

**Erik Gudbranson**

High school graduate from école secondaire publique Louis-Riel and NHL player for the Florida Panthers



www.cepeo.on.ca/medias-sociaux  
www.cepeo.on.ca 613.742.8960

Conseil des  
écoles publiques  
de l'Est de l'Ontario





## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	50	33	12	1	4	141	102	71	16-2-0-2	17-7-1-2	6-3-0-1	W2
d-Boston	51	33	16	1	1	180	111	68	17-9-1-1	16-7-0-0	5-4-1-0	W1
d-Florida	51	24	16	5	6	131	145	59	13-5-1-6	11-11-4-0	3-4-1-2	L2
Philadelphia	52	30	16	2	4	173	156	66	12-8-1-3	18-8-1-1	5-3-0-2	L1
Pittsburgh	53	30	19	2	2	161	138	64	15-7-2-0	15-12-0-2	8-2-0-0	L1
New Jersey	52	30	19	1	2	149	148	63	15-9-0-2	15-10-1-0	6-3-0-1	W4
Ottawa	55	27	21	5	2	161	171	61	14-10-1-1	13-11-4-1	3-6-1-0	L6
Toronto	52	27	19	3	3	161	152	60	15-8-2-2	12-11-1-1	5-4-0-1	W2
Washington	52	27	21	2	2	145	149	58	18-7-0-1	9-14-2-1	4-4-2-0	L1
Winnipeg	54	24	24	3	3	129	150	54	15-8-0-2	9-16-3-1	4-5-0-1	L2
Tampa Bay	51	23	23	2	3	147	173	51	15-7-1-1	8-16-1-2	6-2-1-1	W1
NY Islanders	51	21	22	5	3	125	150	50	11-12-4-0	10-11-1-2	6-2-1-1	L1
Buffalo	52	22	24	3	3	126	154	50	11-9-3-3	11-15-0-0	4-5-0-1	W1
Montreal	53	20	24	2	7	137	145	49	10-11-2-5	10-13-0-2	4-4-0-2	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0-3	6-13-5-1	6-2-1-1	W2

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	53	35	16	1	1	171	126	72	20-2-1-0	15-14-0-1	9-0-0-1	L1
d-Vancouver	52	32	15	0	5	167	130	69	15-6-0-4	17-9-0-1	6-2-0-2	W1
d-San Jose	50	29	15	3	3	145	117	64	17-8-2-0	12-7-1-3	5-4-0-1	L1
Nashville	53	32	17	3	1	149	136	68	17-7-2-1	15-10-1-0	8-2-0-0	W1
St. Louis	51	30	14	1	6	126	105	67	22-3-1-3	8-11-0-3	6-2-1-1	L1
Chicago	53	29	17	4	3	169	158	65	19-6-1-3	10-11-3-0	4-4-2-0	L5
Los Angeles	53	25	18	4	6	115	116	60	15-11-0-4	10-7-4-2	3-4-1-2	L2
Minnesota	52	25	19	2	7	121	133	58	13-7-1-2	12-12-1-4	4-4-0-2	L1
Dallas	51	27	22	0	2	136	144	56	15-9-0-2	12-13-0-0	4-5-0-1	W1
Colorado	54	26	25	2	1	135	151	55	14-13-0-1	12-12-2-0	3-5-1-1	L5
Calgary	52	24	22	3	3	124	141	54	14-10-1-1	10-14-2-2	6-3-0-1	W1
Phoenix	52	23	21	5	5	136	141	54	11-10-2-2	12-11-1-3	3-5-0-2	W1
Edmonton	51	21	26	1	4	138	152	47	15-8-1-2	6-18-4-2	5-4-0-1	W3
Anaheim	51	19	24	4	4	132	154	46	13-13-2-0	6-11-2-4	6-2-2-0	L2
Columbus	52	14	32	1	5	120	174	34	8-13-1-2	6-19-0-3	3-6-0-1	W1

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

Edmonton at Toronto  
Detroit at Phoenix  
Calgary at Anaheim  
**Sunday's results**  
Montreal 3 Winnipeg 0  
Boston 4 Washington 1  
New Jersey 5 Pittsburgh 2  
N.Y. Rangers 5 Philadelphia 2  
**Tonight's games**  
**All Times Eastern**  
New Jersey at N.Y. Rangers, 7 p.m.  
N.Y. Islanders at Philadelphia, 7 p.m.  
Florida at Washington, 7 p.m.  
Minnesota at Columbus, 7 p.m.  
Pittsburgh at Montreal, 7:30 p.m.  
St. Louis at Ottawa, 7:30 p.m.  
Los Angeles at Tampa Bay, 7:30 p.m.  
Vancouver at Nashville, 8 p.m.  
Toronto at Winnipeg, 8:30 p.m.  
Phoenix at Dallas, 8:30 p.m.  
Chicago at Colorado, 9 p.m.  
**Tomorrow's games**  
Boston at Buffalo, 7:30 p.m.  
Edmonton at Detroit, 7:30 p.m.  
Carolina at Anaheim, 10 p.m.  
Calgary at San Jose, 10 p.m.  
**Thursday's games**  
St. Louis at New Jersey, 7 p.m.  
Montreal at N.Y. Islanders, 7 p.m.  
Tampa Bay at N.Y. Rangers, 7 p.m.  
Toronto at Philadelphia, 7 p.m.  
Winnipeg at Washington, 7 p.m.  
Dallas at Columbus, 7 p.m.  
Nashville at Ottawa, 7:30 p.m.  
Los Angeles at Florida, 7:30 p.m.  
Vancouver at Minnesota, 8 p.m.  
Calgary at Phoenix, 9 p.m.

## SCORING LEADERS

	G	A	PT
Malkin, Pgh	29	32	61
Giroux, Pha	20	40	60
Stamkos, TB	34	23	57
H.Sedin, Vcr	11	44	55
Kessel, Tor	27	27	54
Lupul, Tor	20	34	54
Tavares, NYI	22	31	53
Hossa, Chi	20	33	53
Datsyuk, Det	17	29	53
Toews, Chi	24	25	52
Eberle, Edm	22	30	52
D.Sedin, Vcr	22	30	52
Elias, NJ	18	33	51
Kovalchuk, NJ	22	28	50
Spezza, Ott	20	30	50
Neal, Pgh	27	22	49
Sedanne, Ana	18	31	49
St. Louis, TB	16	33	49
Pominville, Buf	17	31	48
Karlsson, Ott	8	40	48
Parenteau, NYI	11	36	47
Hartnell, Pha	25	21	46
Moulson, NYI	23	23	46
Parise, NJ	20	26	46
Kopitar, LA	16	30	46
Benn, Dal	15	31	46
P.Bergeron, Bos	15	31	46
Versteeg, Fla	20	25	45
Whitney, Phx	16	29	45
Lecavalier, TB	20	24	44
Seguin, Bos	20	24	44
Eriksson, Dal	17	27	44
P.Kane, Chi	11	33	44
Thornton, SJ	11	33	44
Gaborik, NYR	26	17	43
Sharp, Chi	22	21	43
Vrbata, Phx	24	18	42
Franzen, Det	19	23	42
Filipula, Det	16	26	42
Backstrom, Wash	13	29	42

Not including last night's results

## SOCCER

## ENGLAND

## PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	24	18	3	3	63	19	57
Manchester Utd	24	17	4	3	59	24	55
Tottenham	24	15	5	4	44	25	50
Chelsea	24	12	7	5	44	29	43
Newcastle	24	12	6	6	36	31	42
Arsenal	24	12	4	8	46	34	40
Liverpool	24	10	9	5	28	21	39
Sunderland	24	9	6	9	33	24	33
Norwich	24	8	8	8	34	39	32
Swansea	24	7	9	8	26	29	30
Fulham	24	8	6	10	24	27	30
Everton	24	8	6	10	23	36	30
Stoke	24	6	10	8	29	33	28
Aston Villa	24	6	9	9	29	35	27
West Bromwich	24	7	5	12	24	34	26
QPR	24	5	6	13	25	41	21
Wolverhampton	24	6	2	16	28	49	20
Bolton	24	4	6	14	34	54	18
Blackburn	24	4	6	14	34	54	18
Wigan	24	3	7	14	21	49	16

Yesterday's result  
Liverpool 0 Tottenham 0

## SPAIN

## LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	21	18	1	2	71	19	55
Barcelona	21	14	6	1	61	13	48
Valencia	21	10	7	4	31	22	37
Levante	21	9	5	7	27	25	32
Espanol	21	9	5	7	25	24	32
Atletico Madrid	21	8	6	7	31	27	30
Athletic Bilbao	21	7	9	5	33	28	30
Malaga	21	8	4	9	25	31	28
Osasuna	21	6	10	5	23	33	28
Getafe	21	7	6	8	22	27	27
Sevilla	21	6	8	7	22	24	26
Rayo Vallecano	21	7	4	10	25	32	25
Granada	21	7	4	10	16	28	25
Malorca	21	6	7	8	18	25	25
Real Sociedad	21	6	6	9	23	30	24
Real Betis	21	7	2	12	23	30	23
Villarreal	21	5	8	8	20	29	23
Racing Santander	21	4	10	7	18	26	22
Sporting Gijon	21	5	4	12	20	39	19
Zaragoza	21	2	6	13	16	38	12

Yesterday's result  
Granada 2 Malaga 1

## TENNIS

## ATP MONEY LEADERS

Through Feb. 5	
1. Novak Djokovic	\$2,372,910
2. Rafael Nadal	\$1,236,485
3. Andy Murray	\$527,167
4. Roger Federer	\$500,882
5. Tomas Berdych	\$320,435
6. David Ferrer	\$298,371
7. Jo-Wilfried Tsonga	\$290,773
8. Radek Stepanek	\$279,402
9. Leander Paes	\$247,298
10. Juan Martin del Potro	\$238,166

Also

20. Milos Raonic	\$129,301
47. Daniel Nestor	\$72,136

## WTA MONEY LEADERS

Through Feb. 5	
1. Victoria Azarenka	\$2,536,950
2. Maria Sharapova	\$1,214,975
3. Kim Clijsters	\$492,691
4. Petra Kvitova	\$492,201
5. Sara Errani	\$359,610
6. Svetlana Kuznetsova	\$316,801
7. Vera Zvonareva	\$305,051
8. Agnieszka Radwanska	\$277,995
9. Ekaterina Makarova	\$267,677
10. Caroline Wozniacki	\$247,220

## GOLF

## PGA FEDEXCUP STANDINGS

Through Feb. 5  
All figures U.S.

	Points	Money
1. Kyle Stanley	846	\$1,793,575
2. Johnson Wagner	797	\$1,586,858
3. Mark Wilson	602	\$1,168,343
4. Brandt Snedeker	597	\$1,251,513
5. Steve Stricker	530	\$1,142,000
6. Ben Crane	453	\$980,600
7. Martin Laird	364	\$758,315
8. John Rollins	340	\$727,668
9. Harrison Frazar	331	\$651,310
10. Webb Simpson	270	\$561,800
11. Spencer Levin	267	\$492,911
12. Charles Howell III	264	\$427,087
13. Sean O'Hair	262	\$479,861
14. D.A. Points	247	\$487,923
15. Carl Pettersson	245	\$413,058
16. Bill Haas	229	\$428,659
17. Keegan Bradley	212	\$360,417
18. Robert Garrigus	208	\$418,133
19. John Mallinger	208	\$418,133
20. Jeff Maggert	208	\$364,477
21. Bubba Watson	207	\$410,817
22. Kevin N	197	\$384,508
23. Bryce Molder	196	\$387,317
24. Scott Piercy	178	\$288,955
25. Brendon de Jonge	174	\$302,400
26. John Huh	174	\$349,580
27. Pat Perez	173	\$236,351
28. Rory Sabbatini	168	\$292,956
29. Jonathan Byrd	163	\$369,000
30. Cameron Tringale	160	\$295,858
31. Brendan Steele	149	\$302,018
32. Bud Cauley	148	\$175,993
33. Chris Kirk	144	\$242,392
34. John Senden	141	\$242,175
35. Jason Dufner	140	\$294,000
36. David Toms	140	\$260,600
37. D.J. Trahan	135	\$292,800
38. K.J. Choi	135	\$267,000
39. Harris English	134	\$203,445
40. Rod Pampling	130	\$262,650
41. Sang-Moon Bae	127	\$157,056
42. Martin Flores	124	\$230,843
43. Chris Stroud	117	\$225,267
44. Brian Gay	115	\$196,575
45. Bobby Gates	110	\$196,119
46. Josh Teater	109	\$114,030
47. Chris DiMarco	108	\$142,809
48. George McNeill	106	\$114,392
49. Michael Thompson	101	\$190,551
50. Brendon Todd	100	\$150,607

Also

73. David Hearn	74	\$150,066
76. Stephen Ames	70	\$70,709
91. Graham DeLaet	52	\$46,481

## WORLD RANKING

Through Feb. 5

1. Luke Donald	ENG	9.59
2. Rory McIlroy	NIR	7.86
3. Lee Westwood	ENG	7.54
4. Martin Kaymer	GER	6.10
5. Steve Stricker	USA	5.74
6. Webb Simpson	USA	5.30
7. Jason Day	AUS	5.17
8. Adam Scott	AUS	5.07
9. Charl Schwartzel	SAF	5.00
10. Dustin Johnson	USA	4.78
11. Graeme McDowell	NIR	4.60
12. Matt Kuchar	USA	4.49
13. Nick Watney	USA	4.36
14. K.J. Choi	KOR	4.23
15. Brandt Snedeker	USA	4.01
16. Sergio Garcia	ESP	3.97
17. Phil Mickelson	USA	3.84
18. Tiger Woods	USA	3.79
19. Bubba Watson	USA	3.67
20. Justin Rose	ENG	3.65



► Eli Manning, left, of the New York Giants poses with the Vince Lombardi Trophy and his head coach Tom Coughlin after the Giants defeated the Patriots in Super Bowl XLVI Sunday at Lucas Oil Stadium in Indianapolis.

# It's the new top coach-quarterback duo

► Tom Coughlin and Eli Manning have won two titles together in five years

Tom Coughlin has never won the NFL's coach of the year award. Eli Manning has never been the league's MVP.

With two Super Bowl victories in the past five seasons, though, they have emerged as the NFL's top coaching-quarterback tandem.

And the best may be yet to come.

The 65-year-old Coughlin and the 30-year-old quarterback are getting better with time, and it was never more obvious than in this past season, which the Giants capped with a 21-17 victory over the New England Patriots

on Sunday night for the franchise's fourth Super Bowl title.

The bond between Coughlin and Manning is there for all to see. It is found in the word, team.

"He epitomizes everything that I believe in as a player," Coughlin said of Manning at a news conference Monday. "(That's) In terms of the quality, the way he produces, the way he handles it among his teammates, on and off the field."

It's sometimes hard to tell whether Coughlin has rubbed off on Manning, or vice versa.

Either way, Coughlin and Manning are the perfect match in a state that once had an advertising slogan of "New Jersey and you, perfect together."

The one thing Manning didn't want to hear anything about was having bragging rights over his brother, Peyton, with two championships.

"This isn't about bragging rights," Eli said. "This is a lot bigger. This is about a team, an organization being named world champions and that was the ultimate goal. That's the only thing that's important."

THE ASSOCIATED PRESS

## Giants touchdown

Smiles were the order of the day, as the Super Bowl champion New York Giants returned home, victorious once again.

- The team's plane from Indianapolis touched down Monday afternoon at Newark Liberty International Airport in New Jersey.
- Players saluted the crowd as they left the aircraft and coach Tom Coughlin had a big smile on his face.
- The Giants' parade is on Tuesday.

## metro<sup>®</sup>classifieds

To advertise, call:  
1 800 527-6767

### HELP WANTED

#### Education



### NOW HIRING SECURITY GUARDS

Up to \$18/hr  
No Experience Required  
Employment Guaranteed  
Ottawa: (613) 238-1812

f like us

metro

### Business Opportunities

1 Stylist Chair for Rent at Sawma Haute Coiffure includes **FREE parking** at the Billings Bridge Mall. Please call **613-867-6425** for more details.

### AUTOMOTIVE

#### Cars & Trucks Wanted

**WILL BUY UNWANTED CARS AND TRUCKS** for scrap and parts.  
**PAY CASH**  
Barry 613-769-7940

Will **REMOVE** or **BUY** unwanted trucks and cars for scrap and/or parts  
**WILL PAY CASH**  
Call **MARK** at **613-978-2468**

### MERCHANDISE

#### Merchandise for Sale

Easton Wheeled Hockey Bag - Large black and gray, Has a large main compartment and a smaller skate compartment. Retail 90 dollars. \$35.

Please call Simon at 613-435-2013. Price is negotiable.

find us  
follow us  
f like us  
metro

### SERVICES

#### Home Health Care

**FULL TIME CARE GIVER NEEDED!** Senior w/ dysthagia; Need complete caregiver course; \$10.56/hr. Live in; Private Room; Charge for room & board. Call (613) 225-7294

Place your ad in Metro classifieds  
**metroclassifieds.ca**  
**1 800 527-6767**

#### Mortgages

**OWN A HOME?**  
Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Debt Consolidation loans. Home Equity Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!  
Steve Daigle: sdaigle@tmacc.com  
**(613) 863-0649** LIC10717

### HOUSEHOLD SERVICES

#### General Services

**M.A.C. PAINTING**  
High & Difficult To Reach Areas, Wall Paper Removal, Drywall Taping, Drywall & Plaster Repairs, Spray Painting  
Call Marc 613-252-3444

Place your ad in  
Metro classifieds  
**metroclassifieds.ca**  
**1 800 527-6767**

**LOOKING TO MAKE  
A CAREER CHANGE?**  
Read metro<sup>®</sup>work every  
Monday & Wednesday.

## Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 Italian Leather Sofas  
6 Mths old beige in color  
Paid \$4200 will sell for \$2200  
(613)232-9722

Beautiful 48" round, rustic, pine table with walnut top and painted pedestal.  
Pics available  
**\$160 613-422-8238**

Brand new PRO POINT 1/2" AIR DRILL  
Never been used, still in box  
Retail at \$199.95 + tax  
Asking \$120.00 613-313-0612

Call: 1-800-527-6767 today  
to book this space!  
Size 1.535" X .542", Limit 1/day, 2/wk

Silver Coins from the US Mint  
Certificate of authenticity  
Call for Price (819)456-4588

Toro 824 Snowblower Good Condition  
Used Snowblower, complete with chains on tires. Electric or pull start 8Hp 24" mouth  
\$260 OBO Please call 613-229-3900

20" by 20" Stunning original oil painting of the Scenic Ocean View. BC based artist  
Asking \$2500 (Is numbered) Must see to be appreciated. Call (819)456-4588

Beautiful 48" dia oak dining table with gorgeous slate top and cast iron base. Comes with 4 matching dining chairs....a must see! Excellent condition! 613-425-8478

Milwaukee M12 cordless multi tool  
Brand new, never used  
\$95.00 613-261-9996

Looking for a mobile home on its own lot  
Rent to OWN.  
On a bus route if possible.  
Call 613-723-8778

Solid Oak Entertainment Unit, Side Glass  
Door w Shelves  
Size 60"L x 52"H x 21"D  
\$275.00 613-731-4669

**VINTAGE SMURF PINS**  
4 different, large circle pins form the early 80s. All 4 pins for \$14.00  
**613-293-8111**

Almost Brand New Sofa Microsuede/Leather Contemporary Look+2 pcs  
\$1100  
613-799-0308

Bedding for Girl - twin bed: Duvet Cover, Duvet (insert), Pillow Sham, 2 Panel Curtains, Rug Pink with design BEST OFFER...  
Please call 613-799-0441

Don't wait until Spring, Sell Your Stuff  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk

**MOVING OUT SALE!!!**  
Breadmaker \$60  
Microwave \$40  
Call (613) 560-5985

Spinning Bikes New in Box  
Was \$950 + tax - selling for \$580  
Call 514 924-4754

XL 3 mil Henderson wetsuit.  
Perfect condition, no scratches.  
Only used once. Best offer.  
e-mail or text me 613-799-0441

Limited spaces avail. Get yours today!  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk

Brand new Black and Decker 7.2V cordless drill with bag, stud sensor and other small tools and supplies all for just \$35.  
(613)261-9996

**BAKERY OR FULL EQUIPMENT FOR SALE**  
Please call:  
**819-351-5260**

**President Kennedy and Family**  
35 books plus 71 National Examiner 94 Star and 54 Globe Magazines from 1900 to 2000  
Entire lot \$200 obo 613-749-6629 Ned

Ten Piece Indonesian Teak Bedroom Set  
Dark Colored Hand Carved Solid Teak  
\$5900  
Call (613) 747-4561 or (613) 265-4613

**Your Free Ad Here !**  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk



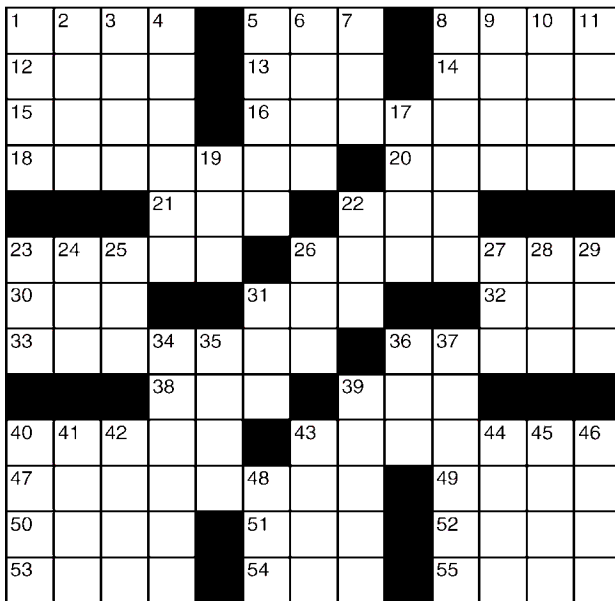
## Crossword

### Across

1 Improvise musically  
5 Ram's mate  
8 "Dracula" author  
Stoker  
12 Eastern potentate  
13 Parcel of land  
14 Continental  
money  
15 Puerto —  
16 Limbs  
18 1980s TV exec Tar-  
tikoff  
20 Gumbo ingredi-  
ents  
21 AAA assignment  
22 Expert  
23 Station  
26 Star of 1996 "Ham-  
let"  
30 Exist  
31 Week component  
32 Ruby or Sandra  
33 Missouri tourist  
mecca  
36 Born earlier  
38 Charged bit  
39 "Hail!"  
40 Beachgoer's mat  
43 Bygone U.S. airline  
47 Boston-area uni-  
versity  
49 Spoken  
50 Denomination  
51 Commotion  
52 Take the bus  
53 Jab  
54 Sawbuck  
55 Being (Lat.)

### Down

1 Predicate part  
2 Eastern bigwig  
(Var.)  
3 Isinglass



4 Quickly  
5 Arm joint  
6 Sported  
7 Greek H  
8 Summon with a  
gesture  
9 German industrial  
district  
10 Neighborhood  
11 Rolling stone's lack  
17 Mrs. Nick Charles  
19 Speck  
22 Snoop  
23 Apply lightly  
24 Blunder  
25 — shooter  
26 Proscription

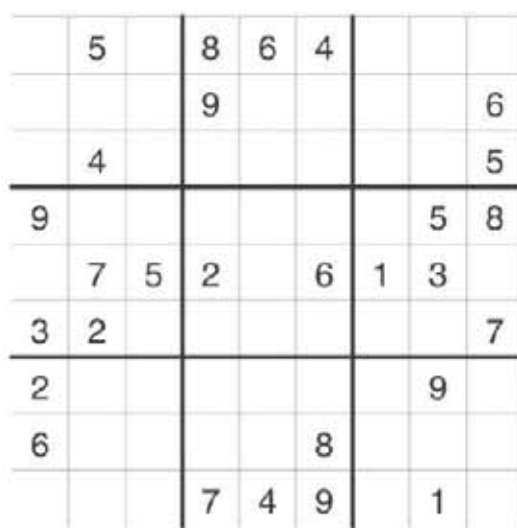
27 Do sums  
28 "Gosh!"  
29 That woman  
31 Rickles or Knotts  
34 Nothing (Ital.)  
35 Auctioneer's call  
36 Eggs  
37 Maiden in "The  
Raven"  
39 Pyromaniac's  
crime  
40 Recipe meas.  
41 Sandwich cookie  
42 Lousy (Sl.)  
43 Wait a while  
44 Eye part  
45 Crazes

46 Run away  
48 Chow down

### ► Monday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, at [metronews.ca/kiss](http://metronews.ca/kiss).

**LBJ,**  
Wanted to wish you a Very Happy Birthday this week baby. I love you so much and can't wait to spend the rest of our lives together. Going to find you a really sexy present too. xoxox  
**YOURGIRL**

**My Pumpkin,**  
I love you and really want you to stay. Without you is not an option. In all my past I have never felt so comfortable. I W  
**FROM YOUR BABY**

**French Pamplemousse**  
needs her Irish boyfriend. No matter the distance between us, you're the only one I want. I love you and I can't imagine being with anyone else. I miss you, come back soon...  
**FROM YOUR FRENCH PAMPLEMOUSSE**

## Today's horoscope

### ♈ Aries March 21-April 20

You won't take kindly to someone who tries to meddle in your personal affairs.

### ♉ Taurus April 21-May 21

In a matter of days you will be riding the crest of a wave again — and this time you won't fall off.

### ♊ Gemini May 22-June 21

You need a bit more preparation in order to achieve what you want to accomplish.

### ♋ Cancer June 22-July 22

You know what it is you need to be doing and all that should concern you now is making a start.

### ♌ Leo July 23-Aug. 23

Enjoy yourself but don't be reckless.

### ♍ Virgo Aug. 24-Sept. 22

You may have to take on new responsibilities today. You may also have to work at something you do not particularly enjoy.

### ♎ Libra Sept. 23-Oct. 23

The tougher the task the more you will like it: in fact you will seek out challenges that put you to the test.

### ♏ Scorpio Oct. 24-Nov. 22

Don't let others pressure you into accepting something unless you are 100 per cent sure it is the right thing for you.

### ♐ Sagittarius Nov. 23-Dec. 21

Some people seem to delight in taking the opposite view to everything you say. That's their right, of

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

course, but it's your right to ignore them.

### ♑ Capricorn Dec. 22-Jan. 20

Anyone who dares oppose you will be dealt with swiftly and harshly.

### ♒ Aquarius Jan. 21-Feb. 18

You may be on the go from morning to night but where is all this activity getting you? Nowhere fast by the look of things. Slow down today and focus on the one or two issues that really matter.

### ♓ Pisces Feb. 19-March 20

Money matters will be high on your agenda today and if you follow your instincts you may come into some cash.

● SALLY BROMPTON

## Caption contest



## You write it!

**WIN!** Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in Tuesday's Metro.

**NEED COOL DESIGN TIPS?**  
Read [metrohome every Thursday](http://metrohomeeverythursday.com).

**FLIGHT CENTRE Unbeatable**

**Orlando \$2\***  
Travel Feb 9 - Feb 17/18  
+ taxes & fees \$294  
INCLUDES roundtrip airfare.

**Costa Rica \$99**  
Travel Feb 9 - Feb 16/ac  
+ taxes & fees \$258

**1 866 720 4853 | flightcentre.ca**

Conditions apply. Ex. Ottawa. \*Ex. Montreal. Air only prices are per person for return travel unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. Is: transit, ac: air Canada. Head office address: 1 Dundas St. W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

**BUDDHA**  
Lounge & Restaurant  
by Roses Café

**COME FOR LUNCH & TRY OUR BUDDHA OR BOMBAY PLATTER!**

323 Somerset St. (between Bank & O'Connor)  
613.234.9878

Indian Cuisine | Vegetarian Dishes | Tapas Bar  
OUR DISHES ARE PREPARED GLUTEN-FREE

For the latest information, visit us at [chevrolet.ca](http://chevrolet.ca), drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. \*Based on a 60 month lease for 2012 Chevrolet Sonic Sedan LS R7A. Annual kilometre limit of 20,000 km, \$0.20 per excess kilometre. OAC by GM Financial. Monthly payments may vary depending on down payment/trade. A down payment or trade of \$199 and/or \$0 security deposit is required. Total obligation is \$17,154. Option to purchase at lease end is \$5,277. Excess wear and tear and other charges not included. Other lease options available. 10% purchase financing offered by GMCL for 36 months on 2012 Chevrolet Sonic Sedan LS R7A. O.A.C. by TD Bank. Rates from other lenders will vary. Example: \$10,000 at 0% APR, monthly payment is \$277.78 for 36 months. Cost of borrowing is \$0. Total obligation is \$10,000. Down payment and/or trade may be required. Monthly/6% weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. \*\$500 is a manufacturer to dealer delivery credit (tax exclusive) for 2012 Chevrolet Sonic and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. \*\*74 \*Weight & PDI (\$1,499), registration, air and tire levies and GMVIC fees included. Insurance, license, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, cancel or terminate this offer at any time without notice. Conditions and limitations apply. See dealer for details. †Credit valid towards the purchase or lease of an eligible new 2011 or 2012 model year Chevrolet, GMC, Buick or Cadillac vehicle, excluding Chevrolet Volt, delivered between January 6th 2012 and April 2nd 2012. Customers must present his or her authorization letter at the time of purchase or lease. The offer may not be redeemed for cash. The credit amount is inclusive of any applicable taxes. As part of the transaction, dealer may request documentation and will contact GM to verify eligibility. The \$1,000 Bonus is not transferable to immediate family members, who reside at the Primary Cardholder's residence; parents, partner, spouse, brother, sister, child, grandchild and grandparents including parents of spouse or partner. Proof of relationship and residency must be provided upon request. The \$1,000 Bonus is not transferable to immediate family members residing outside of the Primary Cardholder's residence. Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. Primary GM Cardholders may transfer the \$1,000 Bonus to the following eligible Immediate Family members, who reside at the Primary Cardholder's residence: parents, partner, spouse, brother, sister, child, grandchild and grandparents including parents of spouse or partner. Proof of relationship and residency must be provided upon request. The \$1,000 Bonus is not transferable to immediate family members residing outside of the Primary Cardholder's residence.

# ONLY SONIC HAS BLUETOOTH STANDARD

## HYUNDAI AND FORD, HELLO?



L7Z\*\*

2012 SONIC

- Standard Bluetooth® with Steering Wheel Controls • Power Door Locks with Remote Keyless Entry
- StabiliTrak® Electronic Stability Control System with ABS • Standard 15-in. Wheels
- OnStar® with 6 months of Turn-by-Turn Navigation

NO MONTHLY FINANCE PAYMENTS **OR** 6 MONTHS\*

PLUS  GM CARDHOLDERS GET AN ADDITIONAL \$1,000 BONUS†

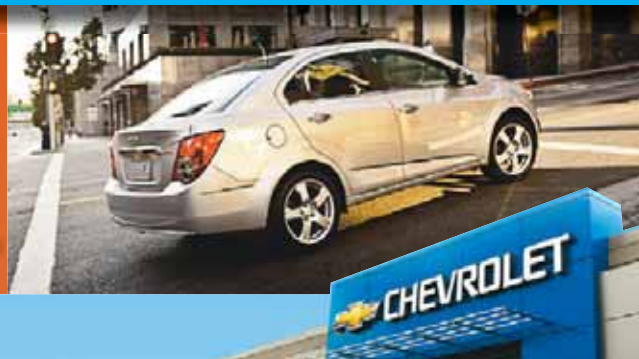
FINANCE

**0%**  
FOR 36 MONTHS\*

SONIC SEDAN LS – LEASE

**\$199** AT **3.80%**  
MONTHLY FOR 60 MONTHS\*

\$199 DOWN PAYMENT. \$0 SECURITY DEPOSIT. OFFER INCLUDES FREIGHT, PDI, LEVIES & \$500 CASH CREDIT\*. TAXES NOT INCLUDED.



*Come see what's new at your Chevrolet Dealer today.*



THE BEST COVERAGE IN CANADA  
**5 YEARS**  
**160,000 KM\***

- POWERTRAIN COMPONENT LIMITED WARRANTY
- ROADSIDE ASSISTANCE
- COURTESY TRANSPORTATION

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.  
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.\*\*\*

visit us at: [www.ontariochevroletdealers.com](http://www.ontariochevroletdealers.com)